YOWZA
FITNESS

CAPTIVA PLUS

Assembly Instructions

and

Owner's Manual

Captiva Plus Elliptical
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1. PRECAUTIONS · · ·

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400Lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

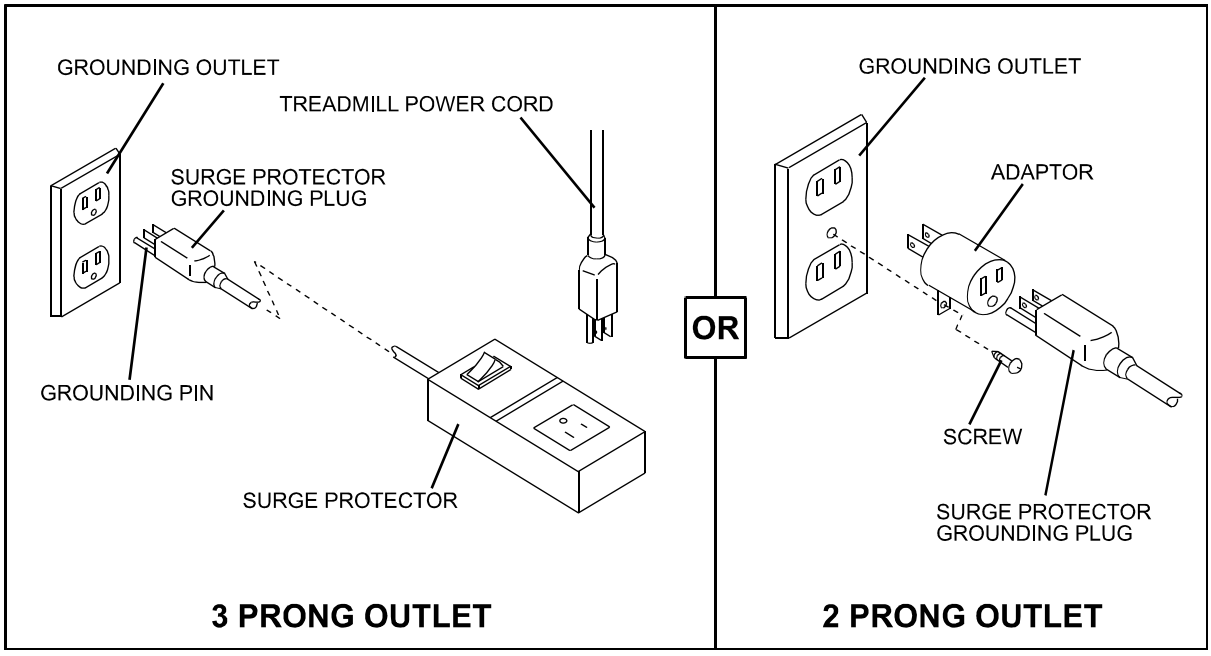
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This cross trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your cross trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the cross trainer malfunction. This cross trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Before assembling or using the elliptical trainer, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

This product has moving parts and users must be careful not to accidentally pinch fingers or other appendages in the openings especially while in use. Please keep small children and pets away from this product. Interference with the moving parts can cause serious injury or death.

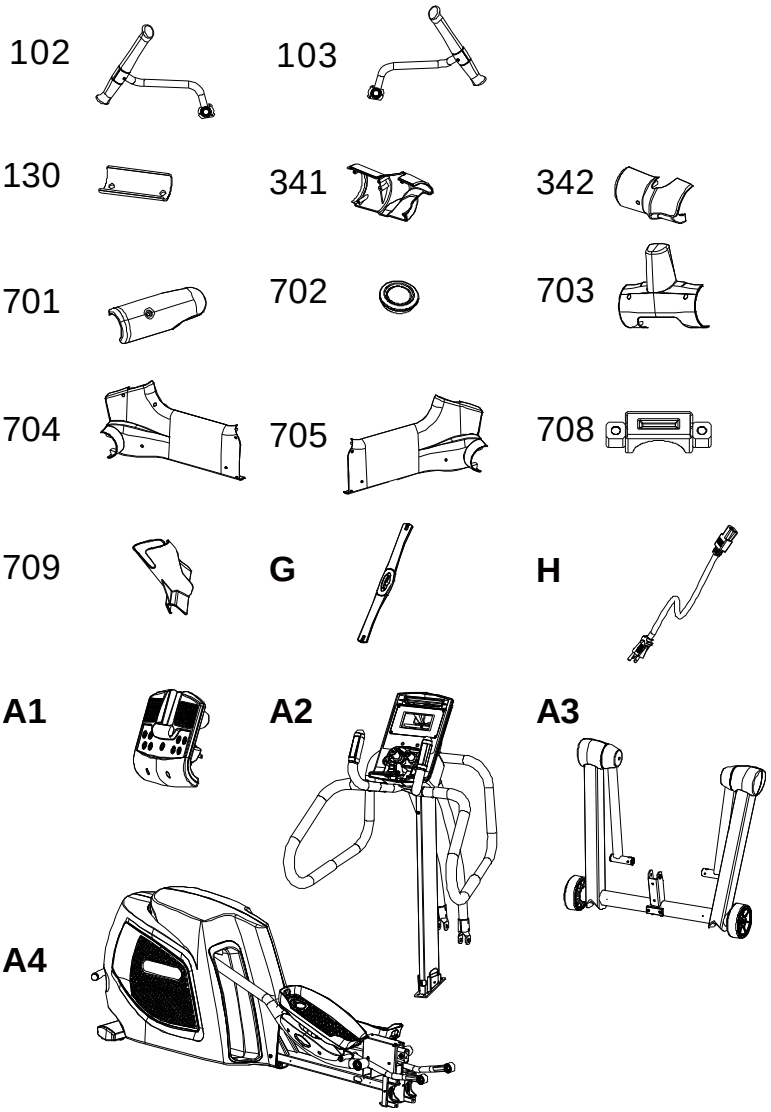
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 400lbs.
Product-Performance: This ergo meter is speed independent, i.e. the performance is independent from pedal frequency.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 400lbs.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

his list identifies the major components you will use to assemble this product.

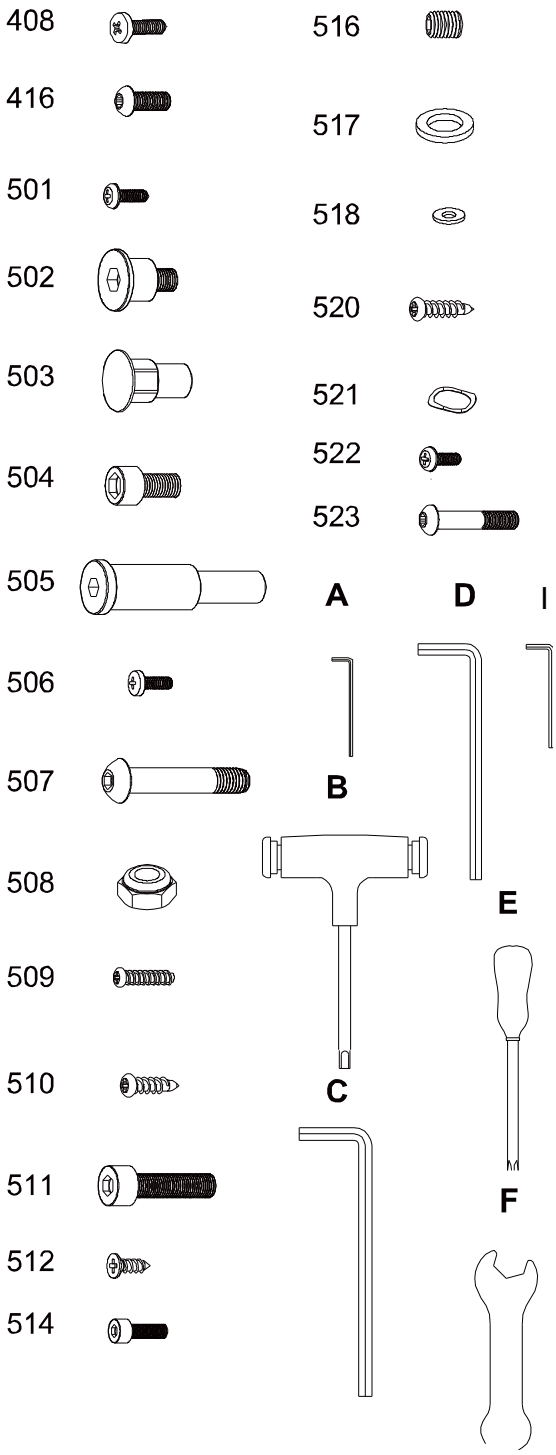
No.	Description	Qty.
102	Moving Handlebar – Left	2
103	Moving Handlebar – Right	2
130	Side Rail Fixed Plate	2
341	Incline Frame Lower Cover-Rear	2
342	Incline Frame Lower Cover-Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover - Left	1
705	Undercarriage Cover -Right	1
708	Incline Frame Holder - Front	2
709	Water Bottle Holder	1
G	Chest Belt	
H	Power Cord	1
A1	Button Control Panel Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1

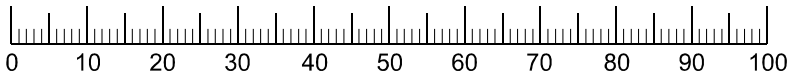


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
416	M8x15mm Allen Head Bolt	2
501	4x12mm Screw – Cone Point	1
502	15x22 – M6x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x20mm Allen Head CAP Bolt	4
505	20x79.9-M14x25mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	4
510	4.5x12mm Screw	4
511	M10x40mm Allen Head CAP Bolt	4
512	4x12mm Screw	2
514	M6x20mm Allen Head Bolt	6
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	4
518	4x13x1mm Washer	1
520	4.5x15mm Screw	2
521	20.7x29.1x0.3mm Wave Washer	2
522	4x12 Screw	1
523	M8x50mm Allen Head Bolt	2
A	2.5mm Allen Key	1
B	5mm T-Type Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	wrench 13x17mm	1
I	5mm Allen key	1





PART LIST

Item No.		Description	Qty.	Part No.
CAPTIVA PLUS-100				
	101	Console Support Tube	1	CAPTIVA PLUS-101
	102	Moving Handlebar – Left	1	CAPTIVA PLUS-102
	103	Moving Handlebar – Right	1	CAPTIVA PLUS-103
	104	Moving Linkage – Left	1	CAPTIVA PLUS-104
	105	Moving Linkage – Right	1	CAPTIVA PLUS-105
	106	Pedal Arm – Left	1	CAPTIVA PLUS-106
	107	Pedal Arm – Right	1	CAPTIVA PLUS-107
	108	Pedal Swing Arm	2	CAPTIVA PLUS-108
	109	Incline Frame	1	CAPTIVA PLUS-109
	110	Incline Transmission Tube-Front	1	CAPTIVA PLUS-110
	111	Incline Transmission Tube-Back	1	CAPTIVA PLUS-111
	112	Main Frame	1	CAPTIVA PLUS-112
	114	Electro-magnetic System Bracket	1	CAPTIVA PLUS-114
	115	Tension Wheel Bracket	1	CAPTIVA PLUS-115
	116	Pedal Support Base	2	CAPTIVA PLUS-116
	117	Pedal Buffer Set	2	CAPTIVA PLUS-117
	118	Action Arm – Left	1	CAPTIVA PLUS-118
	119	Action Arm – Right	1	CAPTIVA PLUS-119
	120	Cover Support Tube - Rear	1	CAPTIVA PLUS-120
	121	Cover Support Tube - Front	1	CAPTIVA PLUS-121
	122	Side Rail - Left	1	CAPTIVA PLUS-122
	123	Side Rail - Right	1	CAPTIVA PLUS-123
	130	Side Rail Fixed Plate	1	CAPTIVA PLUS-130
CAPTIVA PLUS-200				
	206	Incline Frame Holder – Rear	2	CAPTIVA PLUS-206
	207	Flywheel Bearing Support Plate	2	CAPTIVA PLUS-207
	211	Bearing 2201	2	CAPTIVA PLUS-211
	212	Bearing 608zz	4	CAPTIVA PLUS-212
	213	Moving Linkage Bushing	4	CAPTIVA PLUS-213
	214	Bearing 6804	4	CAPTIVA PLUS-214
	215	Bearing 2203	2	CAPTIVA PLUS-215
	216	Pedal Fixing Base	2	CAPTIVA PLUS-216
	217	Bearing 6205	4	CAPTIVA PLUS-217
	218	Bushing 25.6x28.6x50mm	2	CAPTIVA PLUS-218
	219	Bushing 16x22.2x10.7mm	4	CAPTIVA PLUS-219
	221	Flywheel Pivot	1	CAPTIVA PLUS-221
	222	Bearing 6203	2	CAPTIVA PLUS-222
	224	Flywheel	1	CAPTIVA PLUS-224
	225	Bearing 6300	2	CAPTIVA PLUS-225
	226	Crank	2	CAPTIVA PLUS-226
	227	Crank Disk	1	CAPTIVA PLUS-227
	228	Crank Disk Oval Cap	1	CAPTIVA PLUS-228
	229	Crank Pivot Bushing	2	CAPTIVA PLUS-229
	230	Bearing 6005	2	CAPTIVA PLUS-230
	231	Crank Disk Pivot	1	CAPTIVA PLUS-231
	232	Crank Support Bushing	1	CAPTIVA PLUS-232

PART LIST

Item No.	Description	Qty.	Part No.
233	Belt	1	CAPTIVA PLUS-233
234	Level Adjuster	2	CAPTIVA PLUS-234
235	Control Board Base	1	CAPTIVA PLUS-235
236	Speed Sensor Base	1	CAPTIVA PLUS-236
237	Console Overlay	1	CAPTIVA PLUS-237
238	Button Overlay	1	CAPTIVA PLUS-238
241	Bearing 6904	8	CAPTIVA PLUS-241
244	Pedal Buffer fixed Plate	2	CAPTIVA PLUS-244
CAPTIVA PLUS-300			
301	Handlebar End Cap	2	CAPTIVA PLUS-301
302	Hand Pulse Sensor Cover – Bottom	2	CAPTIVA PLUS-302
303	Hand Pulse Sensor Cover –Top	2	CAPTIVA PLUS-303
304	Button Cover – Top	1	CAPTIVA PLUS-304
305	Button Cover – Bottom	1	CAPTIVA PLUS-305
306	Console Bottom Cover – Left	1	CAPTIVA PLUS-306
307	Console Bottom Cover – Right	1	CAPTIVA PLUS-307
308	Fan Cover	1	CAPTIVA PLUS-308
309	iPod Dock Bracket Holder	2	CAPTIVA PLUS-309
310	Console Top Cover	1	CAPTIVA PLUS-310
311	Pivot Cap	2	CAPTIVA PLUS-311
312	Action Arm Drive Gear	2	CAPTIVA PLUS-312
313	Moving Handlebar Drive Gear	2	CAPTIVA PLUS-313
314	Adjustable Vane	1	CAPTIVA PLUS-314
317	HR Handlebar Foam	2	CAPTIVA PLUS-317
319	Switch Plate	1	CAPTIVA PLUS-319
320	Pedal Soft Cushion	2	CAPTIVA PLUS-320
321	Left Pedal	1	CAPTIVA PLUS-321
322	Fan Bracket – Top	1	CAPTIVA PLUS-322
323	Fan Bracket – Bottom	1	CAPTIVA PLUS-323
324	Pedal Buffer Cover	4	CAPTIVA PLUS-324
325	Vent Cover – Rear	1	CAPTIVA PLUS-325
326	Rear Shroud Inlet – Left	1	CAPTIVA PLUS-326
327	Rear Shroud Inlet – Right	1	CAPTIVA PLUS-327
328	Lift Handlebar End Cap	2	CAPTIVA PLUS-328
329	Pedal Swing Arm Cap	2	CAPTIVA PLUS-329
330	Incline Frame Position	1	CAPTIVA PLUS-330
331	Wheel Cap 112x41.5mm	2	CAPTIVA PLUS-331
332	Wheel Cap 46x12mm	2	CAPTIVA PLUS-332
333	Wheel 140x51.86mm	2	CAPTIVA PLUS-333
334	Bearing Bracket	1	CAPTIVA PLUS-334
335	Control Board Cover	1	CAPTIVA PLUS-335
336	Oval Tube Cap	2	CAPTIVA PLUS-336
337	Vent Cover – Left	1	CAPTIVA PLUS-337
338	Rear Shroud – Left	1	CAPTIVA PLUS-338
339	Rear Shroud – Right	1	CAPTIVA PLUS-339
340	Vent Cover –Right	1	CAPTIVA PLUS-340
341	Incline Frame Lower Cover – Rear	2	CAPTIVA PLUS-341
342	Incline Frame Lower Cover – Front	2	CAPTIVA PLUS-342

PART LIST

Item No.	Description	Qty.	Part No.
343	Incline Frame Top Cover – Rear	2	CAPTIVA PLUS-343
344	Incline Frame Top Cover – Front	2	CAPTIVA PLUS-344
345	20x32x7.2mm Bushing	2	CAPTIVA PLUS-345
346	iPod Dock Bracket Cover – Top	1	CAPTIVA PLUS-346
347	iPod Dock Bracket Cover – Bottom	1	CAPTIVA PLUS-347
348	Handlebar Grip Foam	2	CAPTIVA PLUS-348
349	Right Pedal	1	CAPTIVA PLUS-349
350	PC Board Frame	1	CAPTIVA PLUS-350
351	iPod Bracket	1	CAPTIVA PLUS-351
359	Pedal Rear Cushion	2	CAPTIVA PLUS-359
360	Plastic Gear Bushing	2	CAPTIVA PLUS-360
CAPTIVA PLUS-400			
401	8x27x2mm Washer	2	CAPTIVA PLUS-401
402	3x12mm Screw – Cone Point	4	CAPTIVA PLUS-402
403	Taper Fixing Insert	39	CAPTIVA PLUS-403
404	M8x16mm Allen Head CAP Bolt	4	CAPTIVA PLUS-404
405	8x14xT2.0mm Spring Washer	14	CAPTIVA PLUS-405
406	M10x20mm Allen Head Cap Bolt	4	CAPTIVA PLUS-406
407	4x15mm Screw – Flat Point	4	CAPTIVA PLUS-407
408	4x15mm Screw – Cone Point	4	CAPTIVA PLUS-408
410	M8x20mm Screw	2	CAPTIVA PLUS-410
411	4x12mm Screw – Cone Point	51	CAPTIVA PLUS-411
412	M32 C Clip	2	CAPTIVA PLUS-412
413	12x20x2mm PU Washer	2	CAPTIVA PLUS-413
414	M6x12mm Allen Head Bolt	8	CAPTIVA PLUS-414
415	M8x20mm Allen Head Bolt	3	CAPTIVA PLUS-415
416	M8x15mm Allen Head Bolt	14	CAPTIVA PLUS-416
417	M8 Nylon Nut	13	CAPTIVA PLUS-417
418	M8x20mm Bolt	1	CAPTIVA PLUS-418
419	Bushing 12 x 60mm	4	CAPTIVA PLUS-419
420	M8x90mm Allen Head Bolt	4	CAPTIVA PLUS-420
421	M12 C Clip	2	CAPTIVA PLUS-421
422	12x20x0.5mm Plastic Washer	2	CAPTIVA PLUS-422
423	4.5x15mm Screw	2	CAPTIVA PLUS-423
424	M6x12mm Allen Head CAP Bolt	3	CAPTIVA PLUS-424
425	6x10x1mm Spring Washer	17	CAPTIVA PLUS-425
426	20x6x1.5mm Washer	3	CAPTIVA PLUS-426
427	M40 C Clip	2	CAPTIVA PLUS-427
428	M8x16mm Bolt	4	CAPTIVA PLUS-428
429	M10x20mm Bolt	4	CAPTIVA PLUS-429
430	10x16x2mm Spring Washer	4	CAPTIVA PLUS-430
431	10x30xT3.0 Washer	2	CAPTIVA PLUS-431
432	M4 Nylon Nut	2	CAPTIVA PLUS-432
433	M10 Nylon Nut	2	CAPTIVA PLUS-433
434	8x27x1mm Plastic Washer	2	CAPTIVA PLUS-434
435	16x25xT3mm Washer	4	CAPTIVA PLUS-435
436	M10x40mm Allen Head Bolt	1	CAPTIVA PLUS-436
437	M6x12mm Screw	6	CAPTIVA PLUS-437
439	M8x50mm Allen Head CAP Bolt	2	CAPTIVA PLUS-439

PART LIST

tem No.	Description	Qty.	Part No.
440	32x6xT2 Washer	1	CAPTIVA PLUS-440
441	10x20mm Washer	2	CAPTIVA PLUS-441
442	M10x45mm Bolt	1	CAPTIVA PLUS-442
444	M12x20mm Allen Head Bolt	2	CAPTIVA PLUS-444
445	Pedal Arm Pivot	2	CAPTIVA PLUS-445
446	3/4” Nut	2	CAPTIVA PLUS-446
447	M8x30mm Allen Head CAP Bolt	2	CAPTIVA PLUS-447
448	M4x15mm Screw	2	CAPTIVA PLUS-448
449	4x25mm Screw	2	CAPTIVA PLUS-449
450	M3x16mm Screw	2	CAPTIVA PLUS-450
451	M4x45mm Allen Head CAP Bolt	1	CAPTIVA PLUS-451
452	M5x8mm Allen Head Bolt	2	CAPTIVA PLUS-452
453	M4x6mm Screw	4	CAPTIVA PLUS-453
454	Pin Nut	4	CAPTIVA PLUS-454
455	M4x45mm Screw	2	CAPTIVA PLUS-455
456	M3x8mm Screw	2	CAPTIVA PLUS-456
457	Iron Plate Nut	14	CAPTIVA PLUS-457
458	M5x12mm Screw	2	CAPTIVA PLUS-458
459	M8x45mm Bolt	3	CAPTIVA PLUS-459
460	8x16xT1mm Washer	3	CAPTIVA PLUS-460
461	M6 Nylon Nut	4	CAPTIVA PLUS-461
462	20x27x2mm Washer	4	CAPTIVA PLUS-462
463	C Clip	2	CAPTIVA PLUS-463
464	M8x32mm Allen Head Bolt	2	CAPTIVA PLUS-464
465	6x14.5–M5x6.5mm Bolt	2	CAPTIVA PLUS-465
466	4x8mm Screw	4	CAPTIVA PLUS-466
467	M5x15mm Screw	1	CAPTIVA PLUS-467
468	M5 Nut	6	CAPTIVA PLUS-468
469	5mm Lock Washer	2	CAPTIVA PLUS-469
470	6x8x8mm Rubber Washer	2	CAPTIVA PLUS-470
471	M5X45mm Screw	5	CAPTIVA PLUS-471
472	4x15mm Screw	8	CAPTIVA PLUS-472
473	2X10mm Screw – Cone Point	2	CAPTIVA PLUS-473
474	4x12mm Screw – Flat Point	9	CAPTIVA PLUS-474
475	5x10mm Screw – Flat Point	2	CAPTIVA PLUS-475
476	M3x10mm Screw	8	CAPTIVA PLUS-476
477	M5x10mm Screw	4	CAPTIVA PLUS-477
478	M5 Nylon Nut	2	CAPTIVA PLUS-478
481	17.2x22x1mm Washer	7	CAPTIVA PLUS-481
482	6x20mm Screw	2	CAPTIVA PLUS-482
483	6X13XT1.5mm Washer	15	CAPTIVA PLUS-483
484	8X18XT2mm Washer	3	CAPTIVA PLUS-484
485	10X30XT1mm Plastic Washer	2	CAPTIVA PLUS-485
486	5/16 Nylon Nut	2	CAPTIVA PLUS-486
487	U - Iron Screw Plate - 16.5X11mm	6	CAPTIVA PLUS-487
489	M8x16 mm Allen Head Bolt	8	CAPTIVA PLUS-489
CAPTIVA PLUS-500			
501	4x12mm Screw – Cone Point	5	CAPTIVA PLUS-501
502	15x22–M6x10mm Bolt	2	CAPTIVA PLUS-502
503	15x26–M8x15mm Bolt	2	CAPTIVA PLUS-503

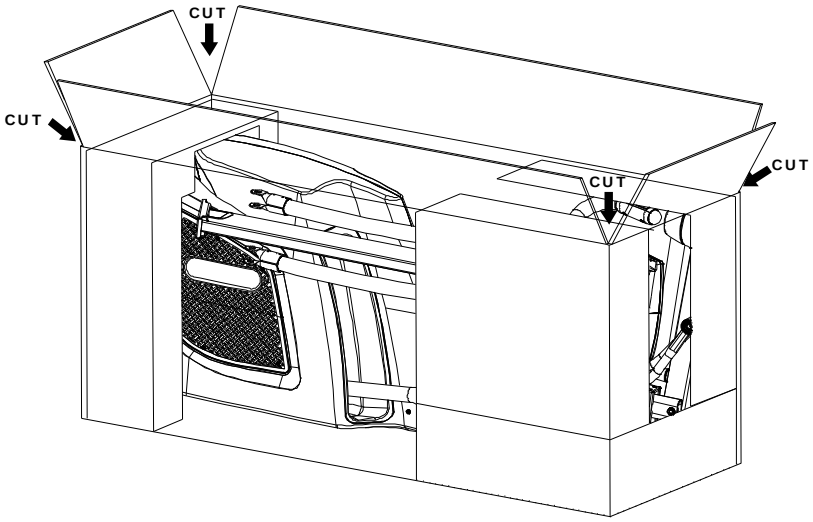
PART LIST

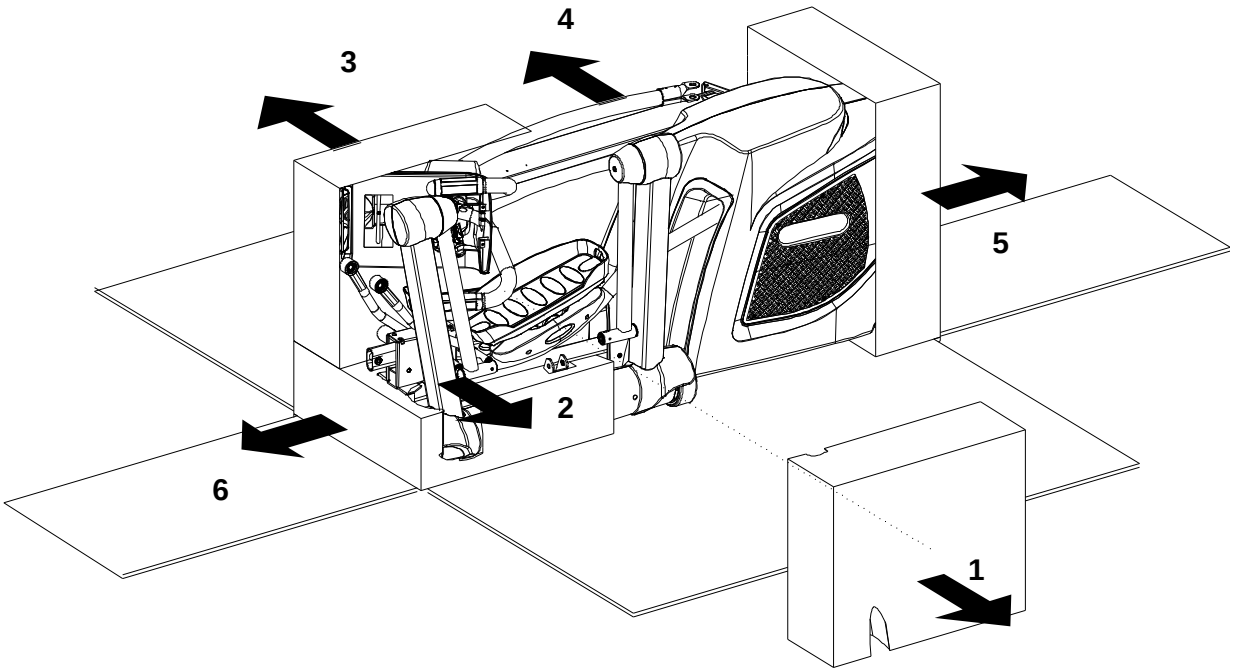
Item No.	Description	Qty.	Part No.
504	M8x20mm Allen Head CAP Bolt	4	CAPTIVA PLUS-504
505	20x79.9-M14x25mm Bolt	2	CAPTIVA PLUS-505
506	4x12mm Screw – Flat Point	4	CAPTIVA PLUS-506
507	M10x56mm Allen Head Bolt	1	CAPTIVA PLUS-507
508	M10 Nylon Nut	1	CAPTIVA PLUS-508
509	4x19mm Screw	4	CAPTIVA PLUS-509
510	4.5x12mm Screw	4	CAPTIVA PLUS-510
511	M10x40mm Allen Head CAP Bolt	4	CAPTIVA PLUS-511
512	4x12mm Screw – Cone Point	2	CAPTIVA PLUS-512
513	8x27x2mm Washer	2	CAPTIVA PLUS-513
514	M6x20mm Allen Head Bolt	6	CAPTIVA PLUS-514
515	M8x20mm Allen Head Bolt	2	CAPTIVA PLUS-515
516	M5x6mm Screw	2	CAPTIVA PLUS-516
517	10x16xT2mm Spring Washer	4	CAPTIVA PLUS-517
518	4x13xT1mm Washer	1	CAPTIVA PLUS-518
519	8x27xT1mm Plastic Washer	2	CAPTIVA PLUS-519
520	4.5x15mm Screw	2	CAPTIVA PLUS-520
521	20.7x29.1x0.3mm Wave Washer	6	CAPTIVA PLUS-521
522	4x12 Screw	1	CAPTIVA PLUS-522
523	M8x50mm Allen Head Bolt	2	CAPTIVA PLUS-523
CAPTIVA PLUS-600			
601	8Pin Power Wire – Upper	1	CAPTIVA PLUS-601
602	8Pin Power Wire – Lower	1	CAPTIVA PLUS-602
604	Elector-magnetic Wire	1	CAPTIVA PLUS-604
605	Power Connection Wire	3	CAPTIVA PLUS-605
606	3C Power Wire	1	CAPTIVA PLUS-606
607	Hand Pulse Sensor Wire	2	CAPTIVA PLUS-607
609	Hand Pulse Sensor Wire – Lower	2	CAPTIVA PLUS-609
610	PC Board	1	CAPTIVA PLUS-610
612	Receiver Wire	1	CAPTIVA PLUS-612
613	Button PC Board	1	CAPTIVA PLUS-613
614	Fan	1	CAPTIVA PLUS-614
615	Receiver	1	CAPTIVA PLUS-615
616	Elevation Motor	1	CAPTIVA PLUS-616
617	Speed Sensor	1	CAPTIVA PLUS-617
618	Transformer	1	CAPTIVA PLUS-618
619	Control Board	1	CAPTIVA PLUS-619
620	Power Insert	1	CAPTIVA PLUS-620
621	Power Switch	1	CAPTIVA PLUS-621
622	Power Breaker	1	CAPTIVA PLUS-622
623	Elector-magnetic System	1	CAPTIVA PLUS-623
624	Magnetic Sensor	1	CAPTIVA PLUS-624
629	6Pin iPod dock Connection Wire	1	CAPTIVA PLUS-629
631	Button Board Connection Wire	1	CAPTIVA PLUS-631
632	iPod dock	1	CAPTIVA PLUS-632
633	Speaker	2	CAPTIVA PLUS-633
634	Amplifier PC board	1	CAPTIVA PLUS-634
635	5Pin Amplifier Power Connection Wire	2	CAPTIVA PLUS-635

PART LIST

Item No.		scription	Qty.	Part No.
CAPTIVA PLUS-700				
	701	Action Arm Lower Cover	4	CAPTIVA PLUS-701
	702	Pedal Arm Front Pivot Cover	2	CAPTIVA PLUS-702
	703	Incline Frame Front Cover	1	CAPTIVA PLUS-703
	704	Undercarriage Cover – Left	1	CAPTIVA PLUS-704
	705	Undercarriage Cover – Right	1	CAPTIVA PLUS-705
	706	Nylon Bushing	2	CAPTIVA PLUS-706
	708	Incline Frame Holder – Front	2	CAPTIVA PLUS-708
	709	Water Bottle Holder	1	CAPTIVA PLUS-709

How To Open Carton Box





(A) Remove your elliptical trainer from the carton and place it on the floor in an open area.

(B) Remove the elliptical trainer, plus all the components and hardware from the box.

(C) Check the quantities of all components and hardware using the component and hardware lists on pages 5-6.

(D) Carefully separate all parts by size and type. This is critical as many are of similar size and shape. Use supplied ruler to size.

(E) After verifying inventory, if any parts are missing, please contact Yowza fitness at 877-969-9240**.**

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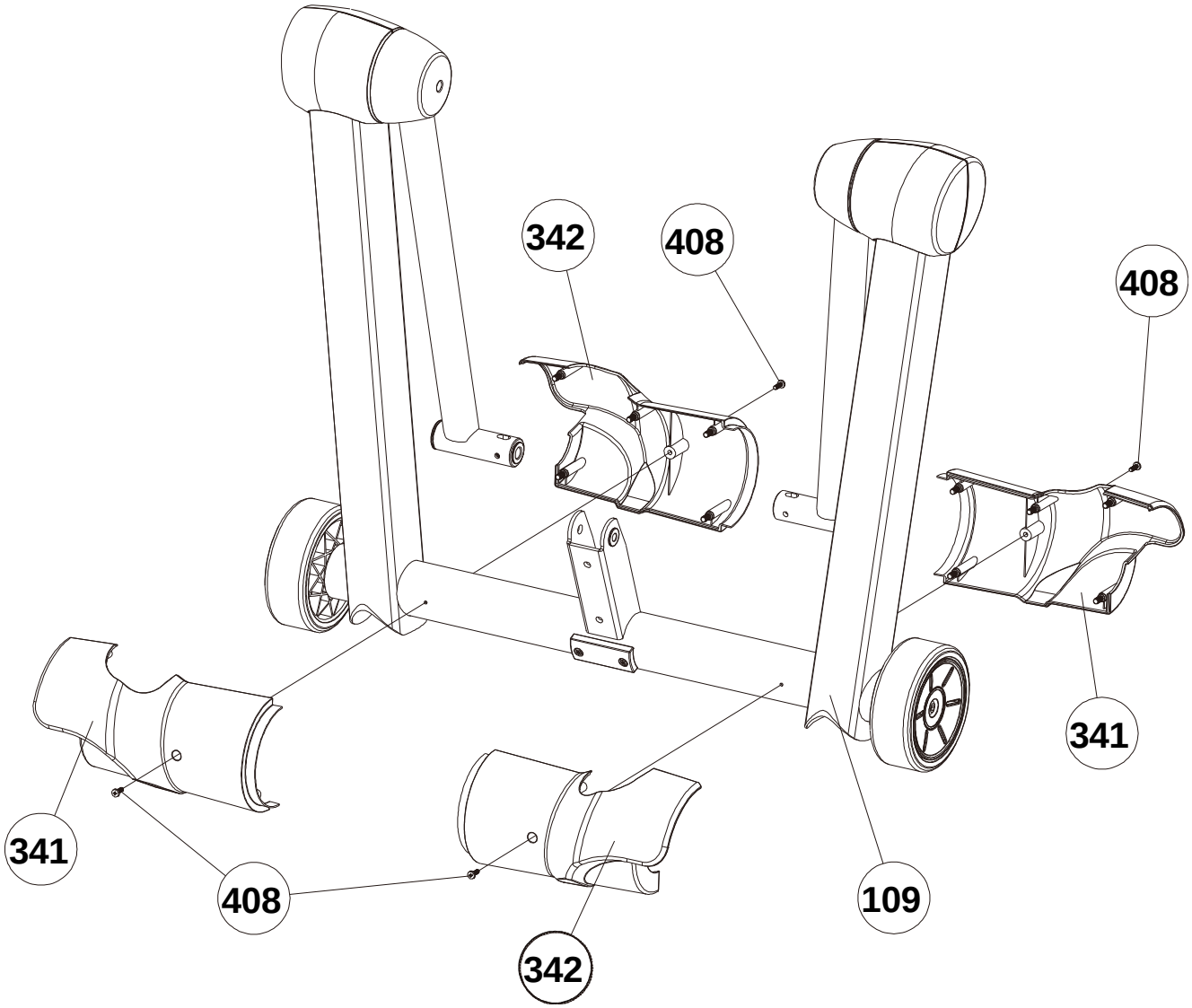
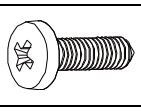
STEP1 ASSEMBLY



STEP 1a) Attach the Incline Frame Lower Cover (341, 342) to the incline frame.

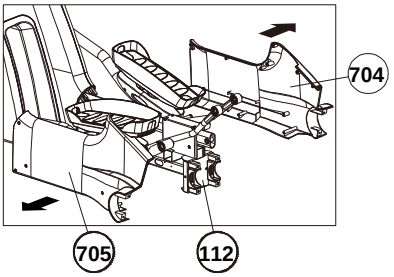
STEP 1b) Carefully snap pieces together using plastic guides.

STEP 1c) Secure using Cone Point Screw (408).

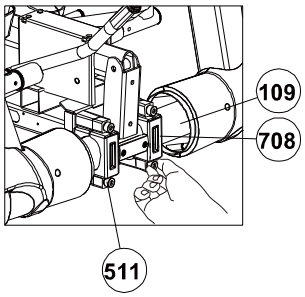
408	X4	

STEP2 ASSEMBLY

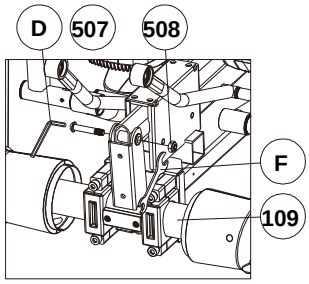
STEP2-A



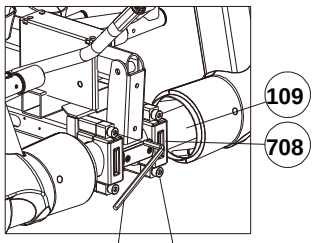
STEP2-B

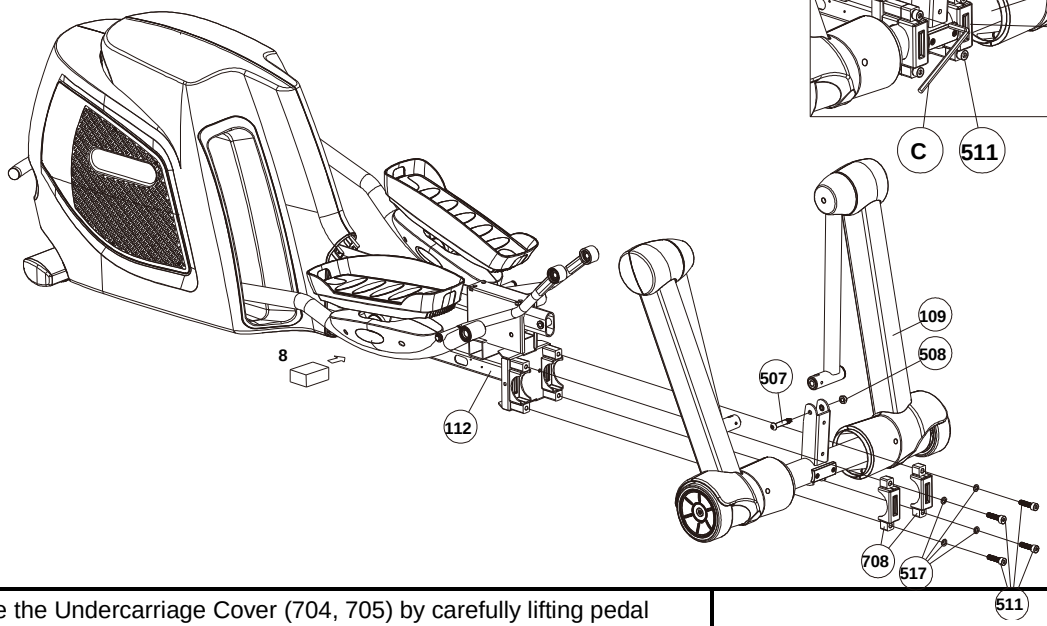


STEP2-C



STEP2-D





STEP2-A). Remove the Undercarriage Cover (704, 705) by carefully lifting pedal assembly and removing each piece one at a time. Be careful not to snap plastic push pins when taking apart. Place Styrofoam block (8) under Main Frame tube to provide clearance for positioning of Main Frame (112) for assembly. Verify that rear incline frame holder (206) is securely tightened to Main Frame (112).

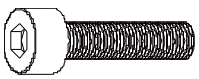
STEP2-B). Attach Incline Frame Set to the Main Frame, and hold the Incline Frame holder – Front (708) to the Incline Frame (109), secure using Allen head CAP Bolts (511) with Spring Washer (517) on the Incline Frame Holder.

Don't fully tighten Allen Head CAP Bolt (511) until STEP2-D

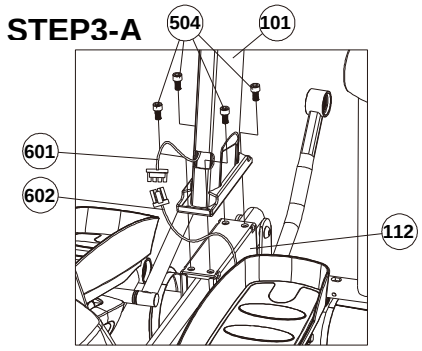
STEP2-C). Rotate the Incline Frame (109) to align the bolt holes with the mating bolt Holes in the Incline Transmission Tube-Front (110).
Assemble the Incline Transmission Tube-Front (110) to the Incline Frame (109).

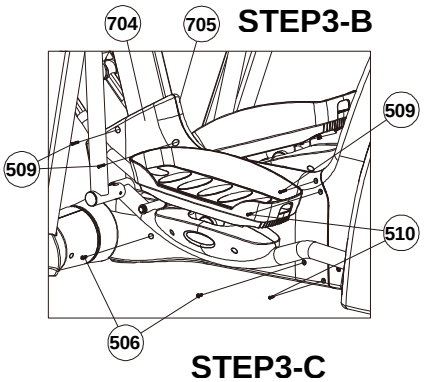
STEP2-D1). Tighten the Allen Head Bolt (507).

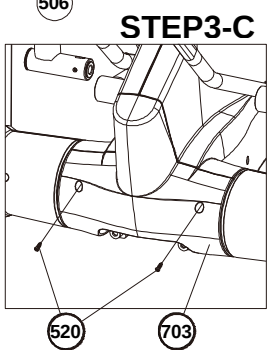
STEP2-D2). Then fasten the Nylon Nut (508) with 8mm Allen Key (C) and Wrench (D).
Fully tighten the Allen Head Bolt (50) with 8mm Allen Key.

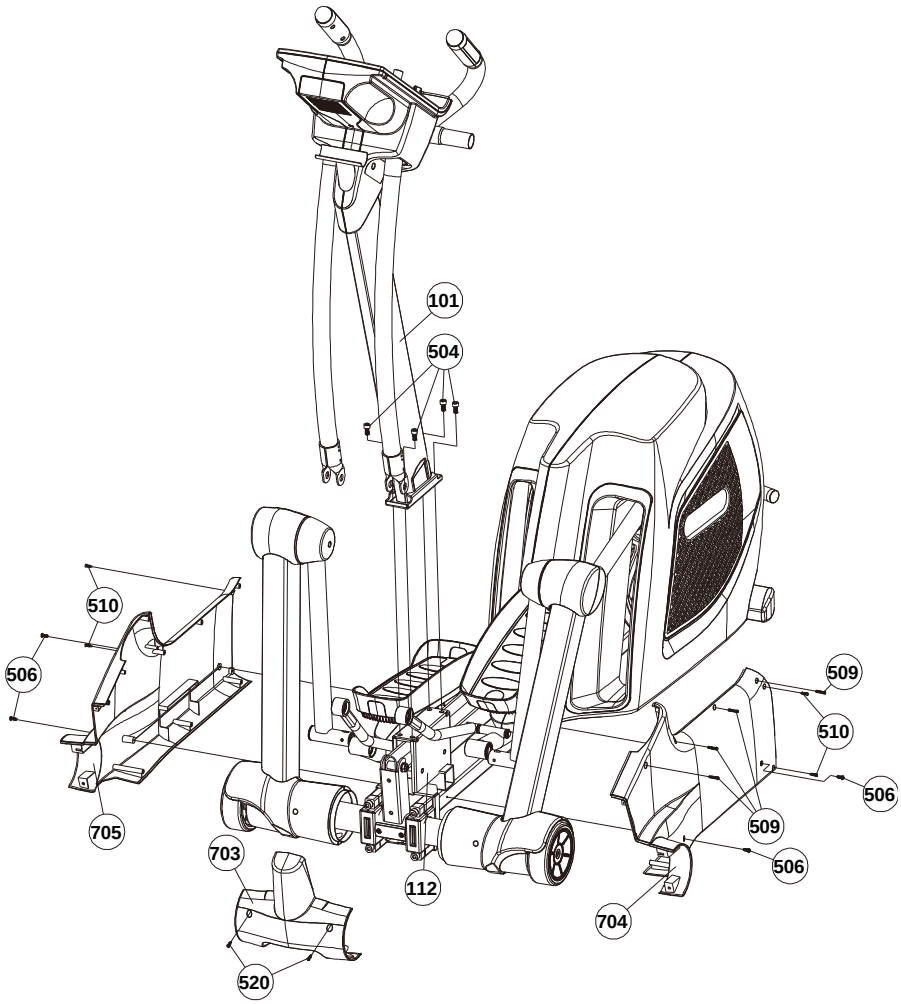
511	**X4**	
517	**X4**	
507	**X1**	
508	**X1**	

STEP3 ASSEMBLY





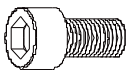




STEP3-A). Assemble the Console Support Tube (101) to the Main Frame and secure using four Allen Head CAP Bolts (504). Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Lower (602) by sliding plastic extrusion on connector under plastic clip on second connector .

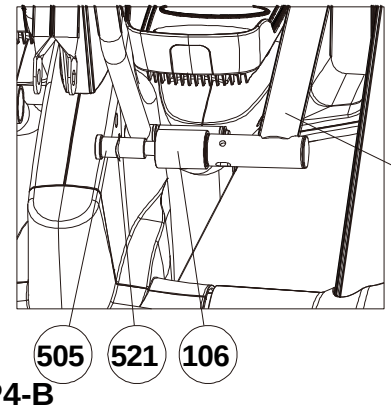
STEP3-B). Lift the Pedal Arm and attach the Undercarriage Cover (719, 720) to the Main Frame, and secure using Flat Point Screw (506), Screw (509), Screw (510).

STEP3-C). Attach the Incline Frame Front Cover (703) to the Incline Frame and secure using two Screws (520).

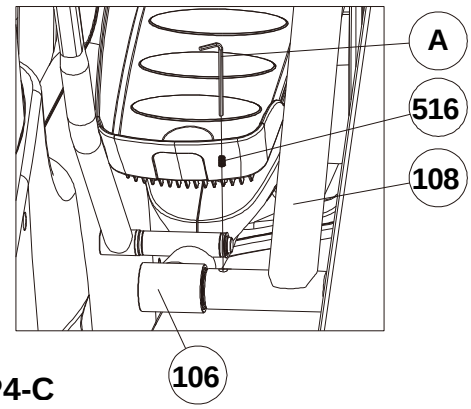
504	**X4**	
506	**X4**	
509	**X4**	
510	**X4**	
520	**X2**	

STEP4 ASSEMBLY

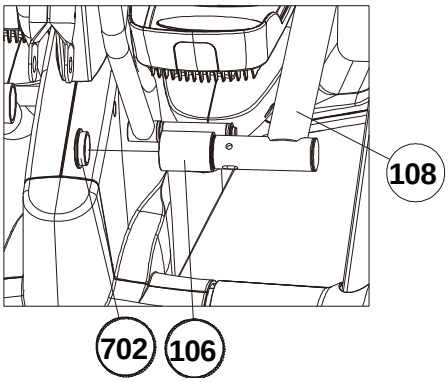
STEP4-A

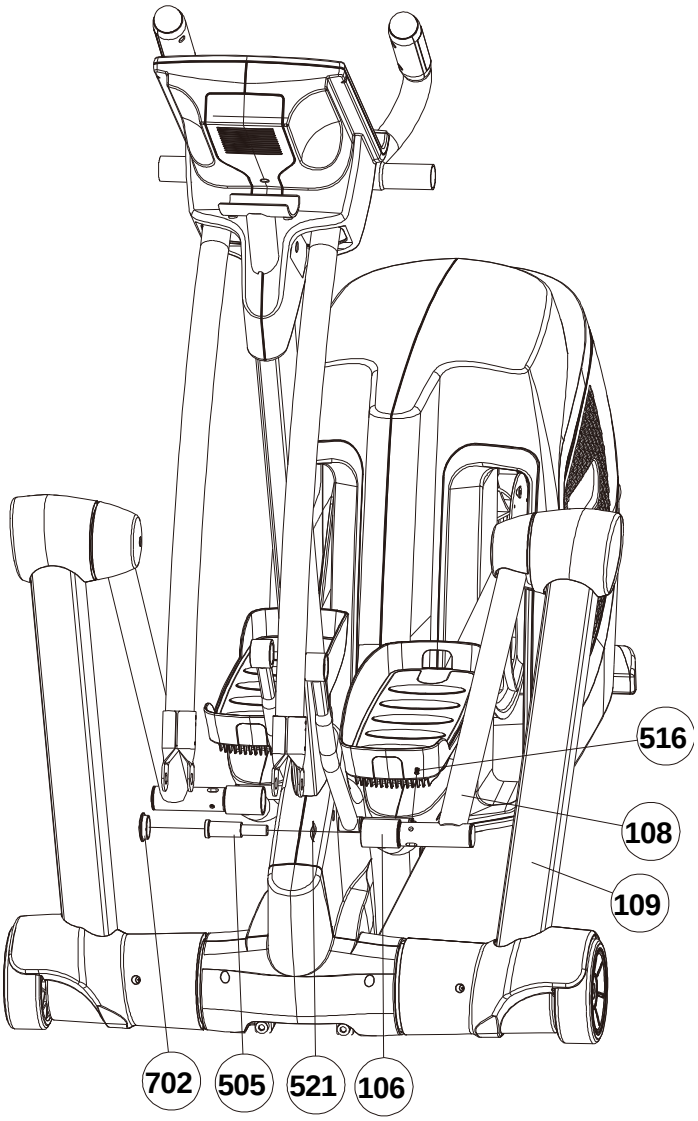


STEP4-B



STEP4-C



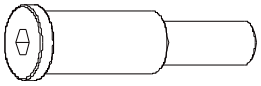


STEP4-A). Slide the 20x79.9 Bolt (505) through the Wave Washer (521), Pedal Arm, and Pedal Swing Arm (108) then secure by 8mm Allen Key (C).

STEP4-B). Secure the Back Out Screw (516) to the Pedal Swing Arm (108) using the 2.5mm Allen Key (A)

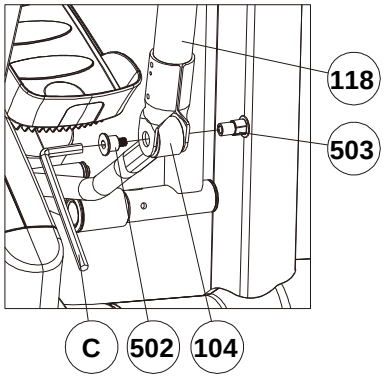
NOTE: PLEASE FULLY TIGHTEN Screw (516).

STEP4-C). Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm.

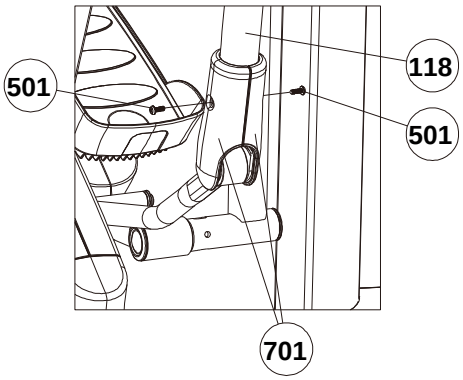
505	**X2**	
521	**X2**	
516	**X2**	

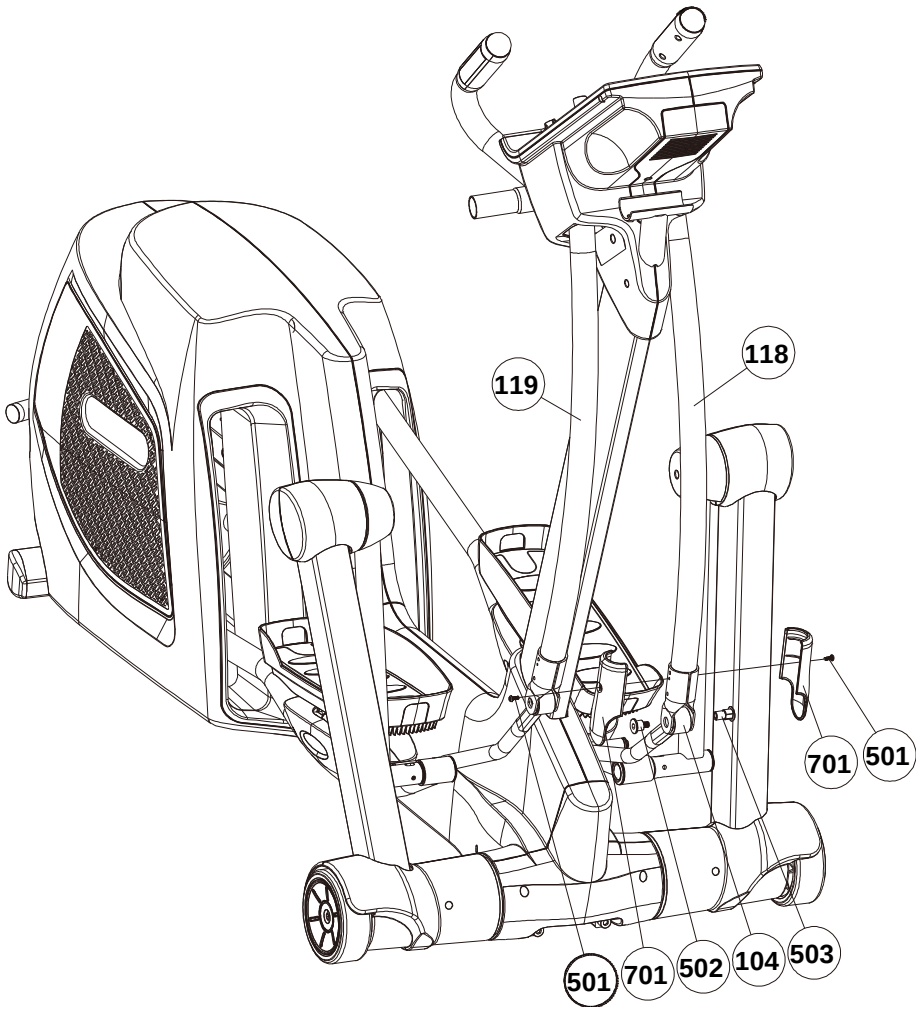
STEP5 ASSEMBLY

STEP5-A



STEP5-B

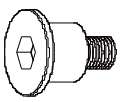
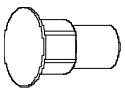




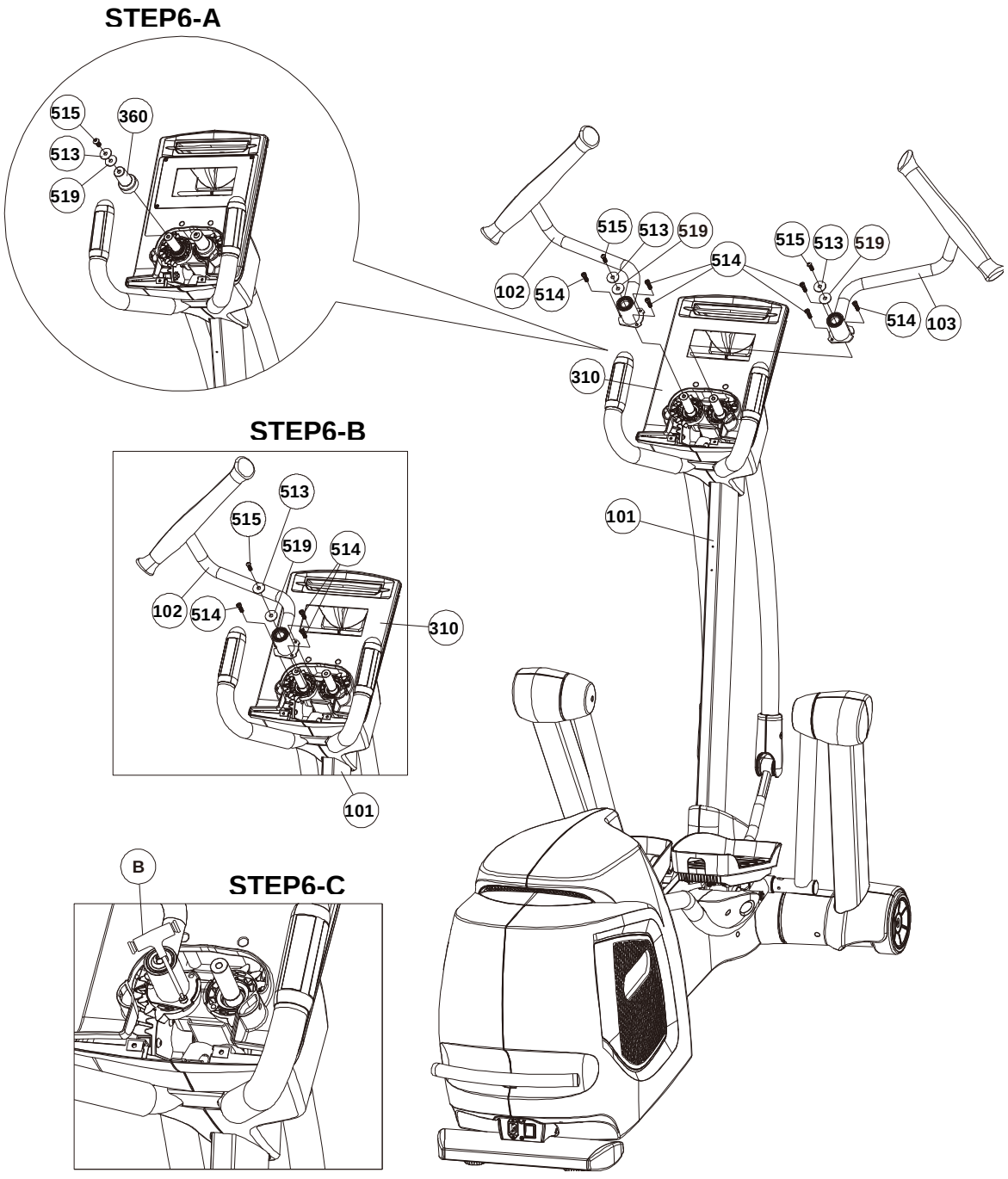
STEP5-A).
Connect the Action Arm to the Moving Linkage and secure using the M6x10mm Bolt (502) and M8x15mm Bolt (503) by 6mm Allen Key (D).

*******Do not over tighten or squeaking may occur.**

SETP5-B).
Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar and secure using the Cone Point Screw (501)

502	**X2**	
503	**X2**	
501	**X4**	

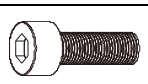
STEP6 ASSEMBLY



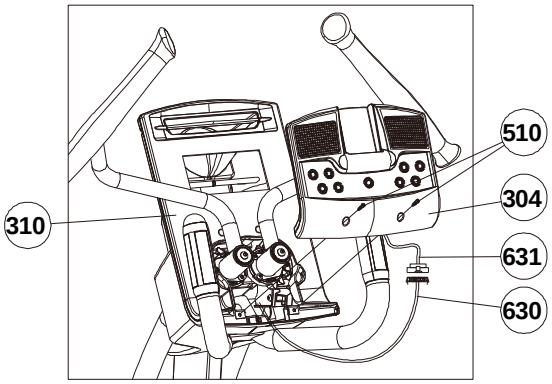
STEP6-A). Release the Plastic Gear Bushings (360) first, and keep 8x27x2mm Washers (513), M8x20mm Allen Head Bolts for STEP6-B.

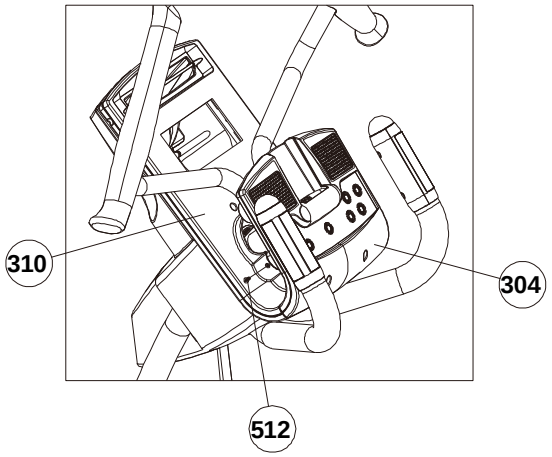
STEP6-B). Install the Moving Handlebar with Plastic Washer (519) first, then the second is Washer (513) and finally tight the Allen Head Bolt (514) to lock the moving handlebar on the console.

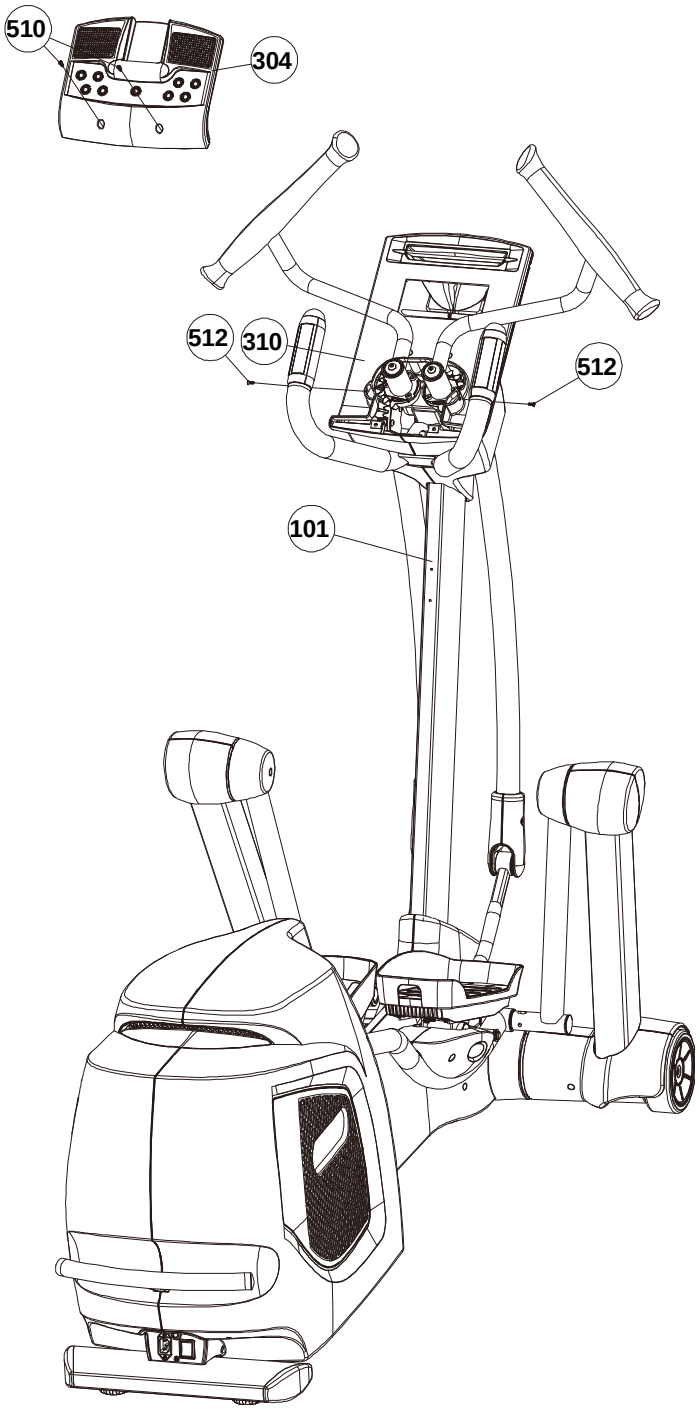
STEP6-C).Tighten the Allen Head Bolts (514) with 5mm Allen Key (B).

514	X6	

STEP7 ASSEMBLY







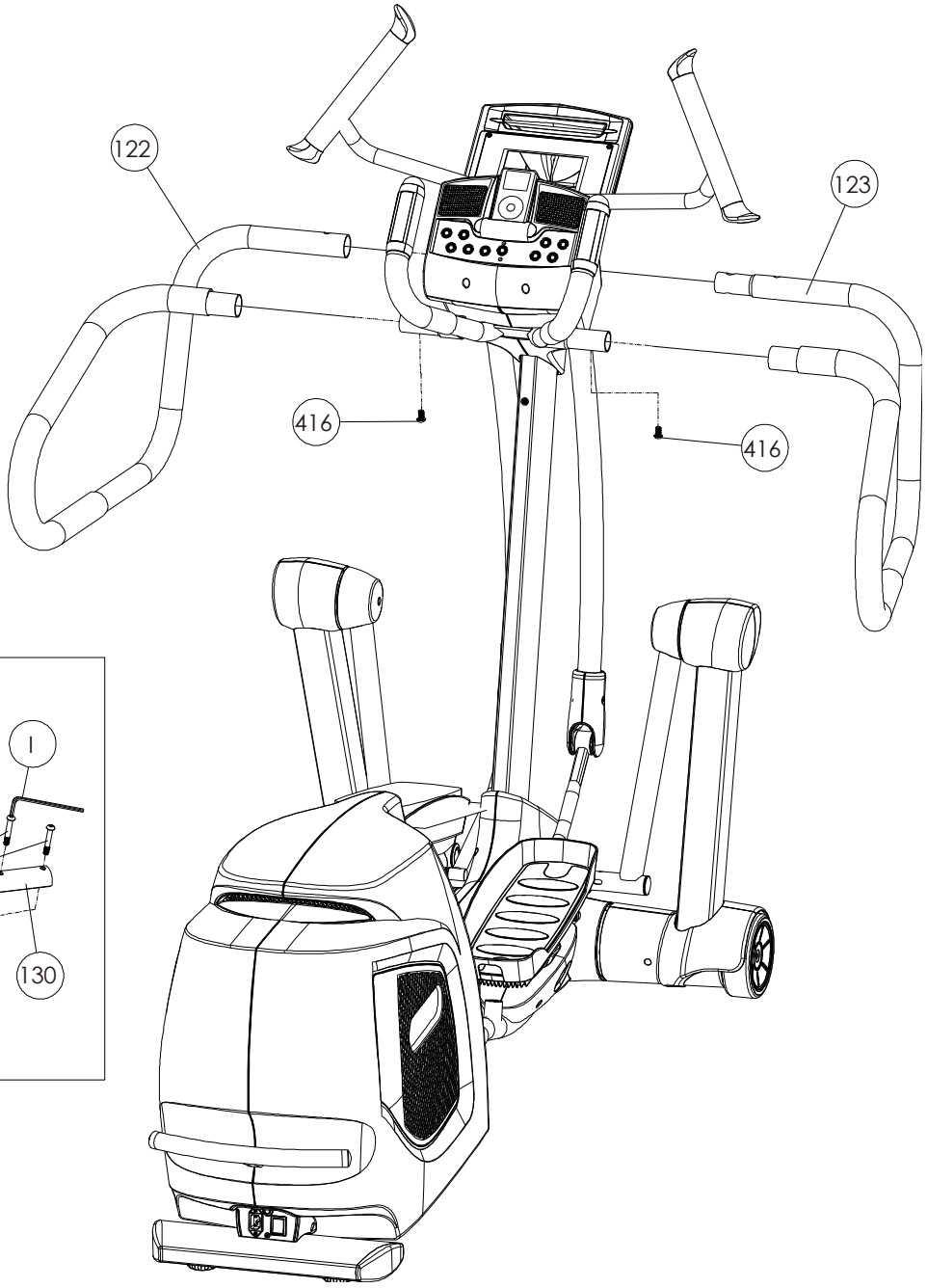
STEP7-A). Connect 8 pin connectors by carefully sliding connector with plastic extrusion under plastic clip on second connector.

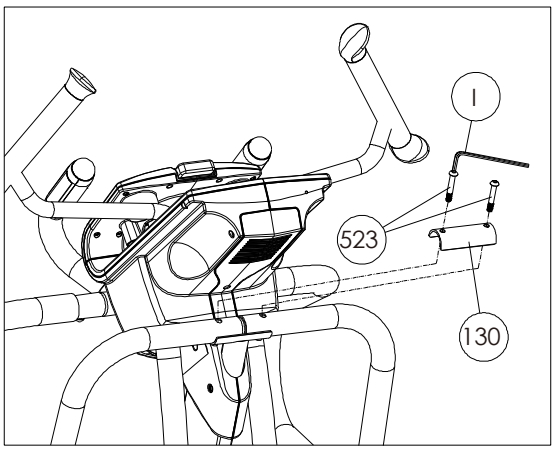
STEP7-B). Attach the Button Control Panel (A1), and secure using Screw (510).

STEP7-C). Use Screw (512) to hold the Button Control Panel on left and right side to the corresponding hole in plastic.

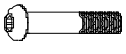
510	**X2**	
512	**X2**	

STEP8 ASSEMBLY

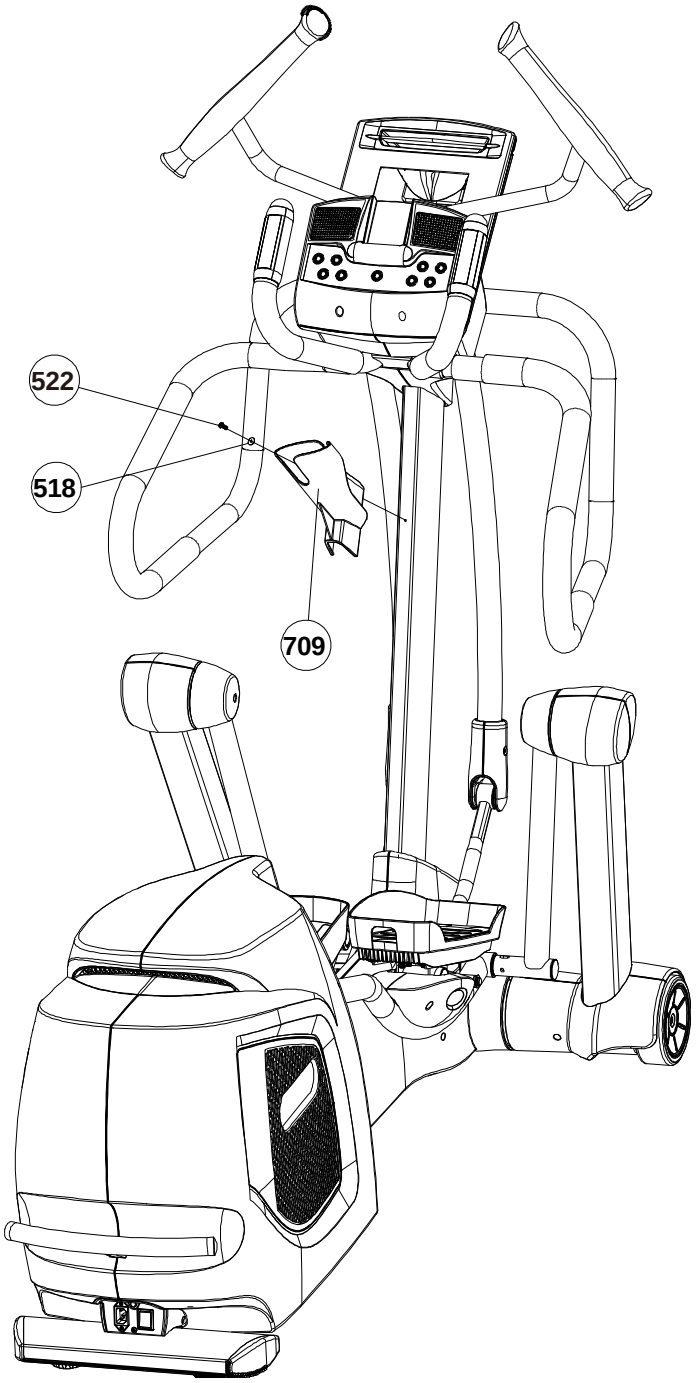




STEP8. Install Side Rail (122,123) in position, and then place the Side Rail Fixed plate (130) as the drawing step at left. Firmly tighten by M8x15mm Allen Head Bolt(416) & M8x50mm Allen Head Bolt(523).

416	**X2**	
523	**X2**	

STEP9 ASSEMBLY

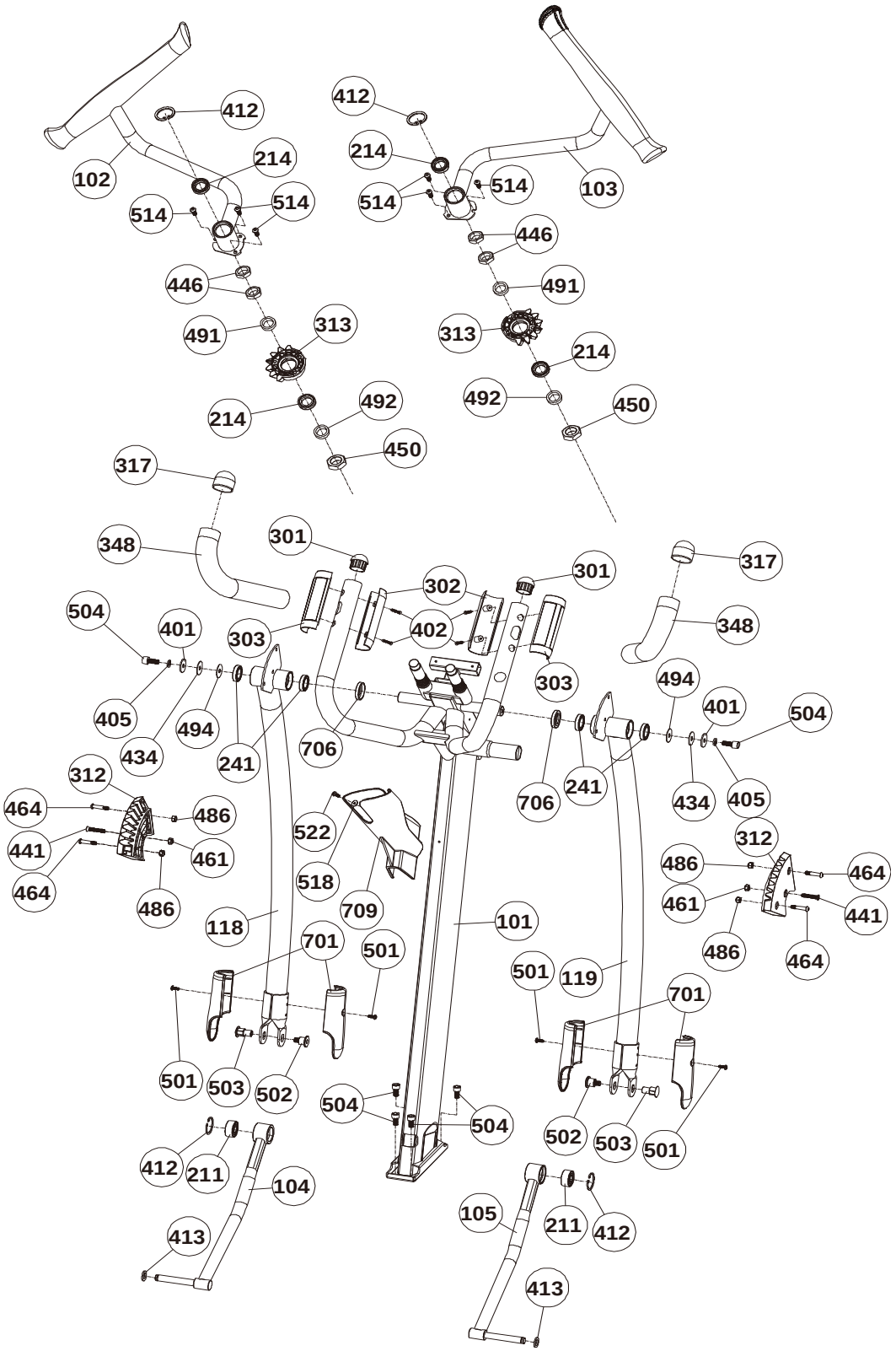


STEP9-A). Attach the Water Bottle Holder (709), and secure using Cone point screw (522) with Washer (518).

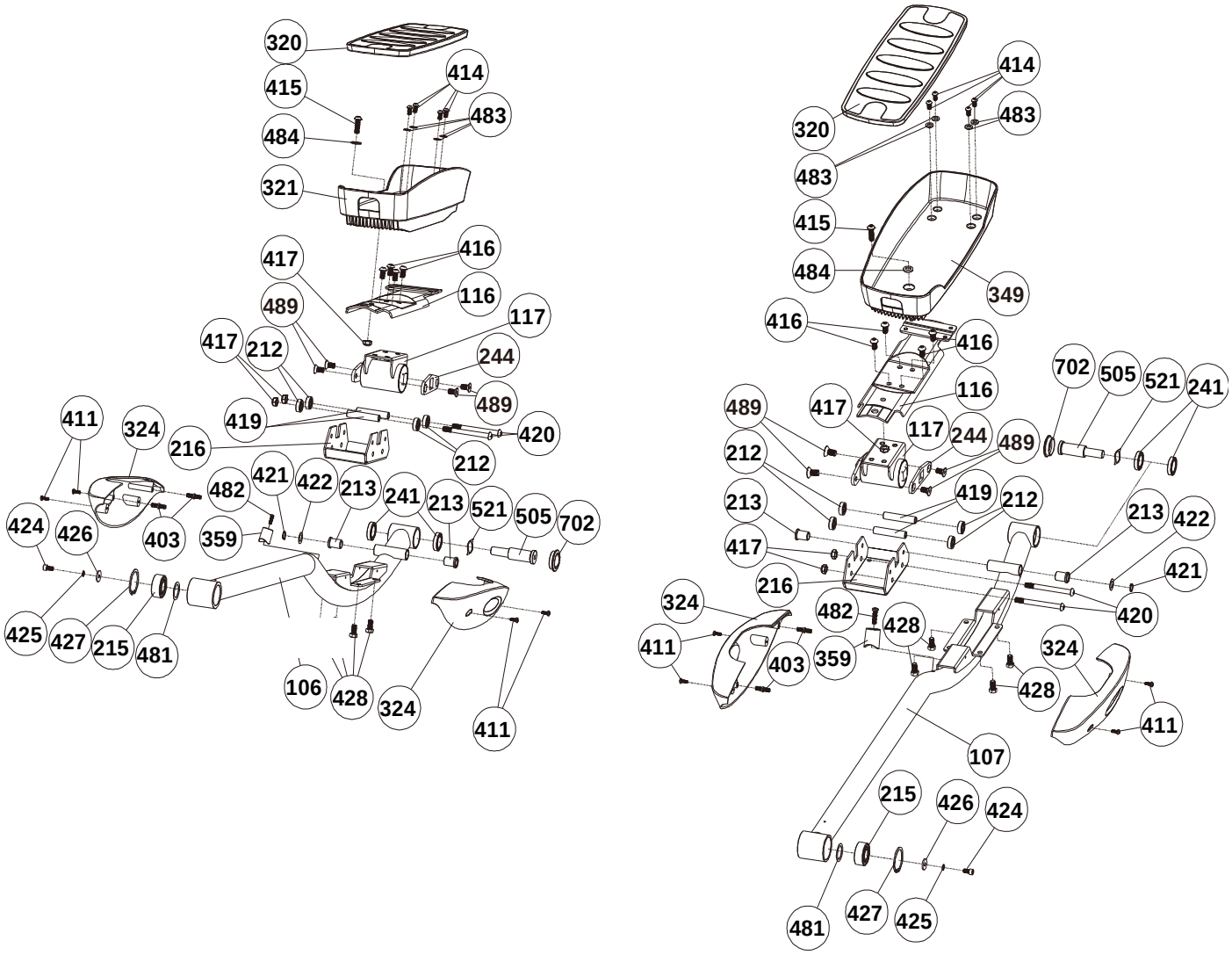
Your elliptical trainer is now fully assembled.

522	**X1**	
518	**X1**	

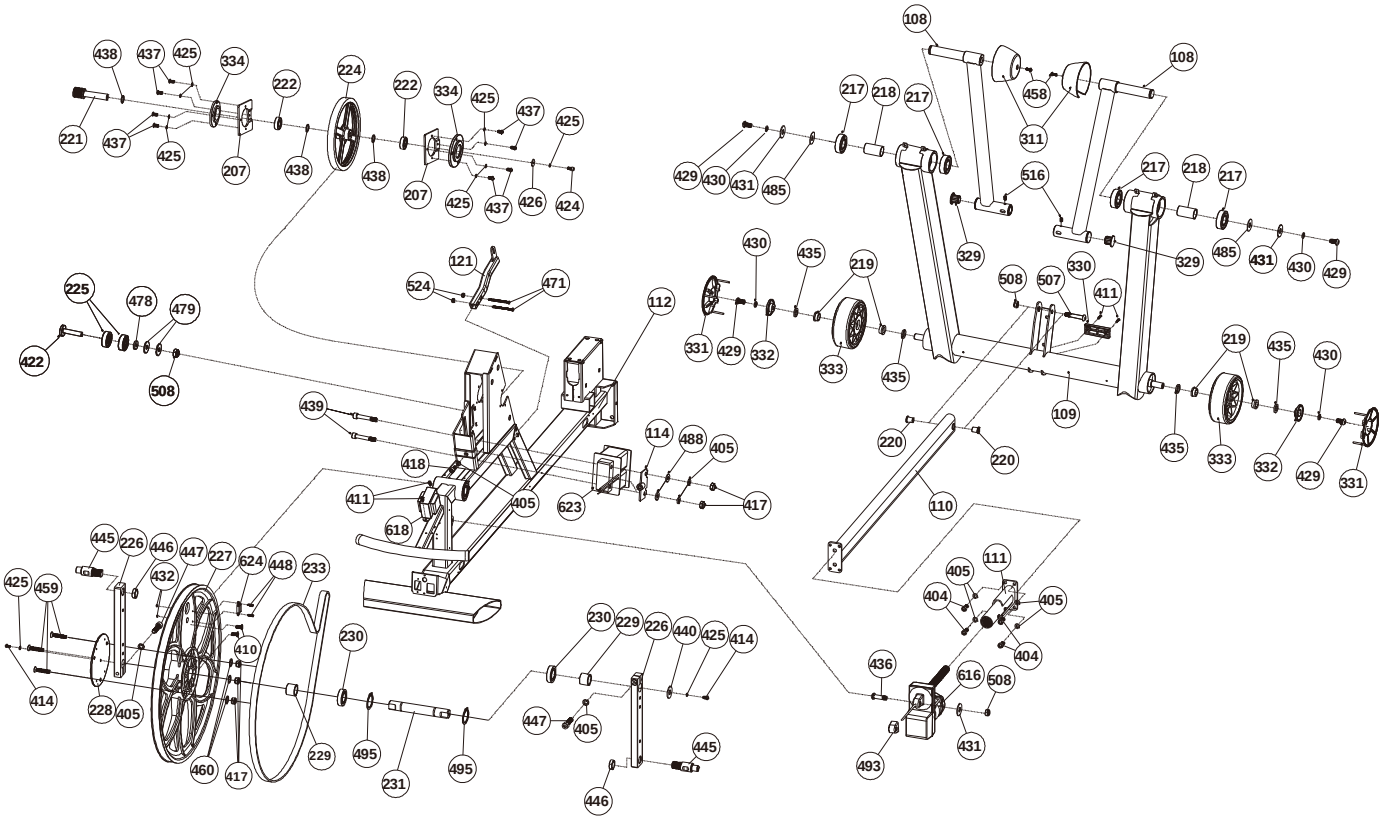
EXPLODED DIAGRAM



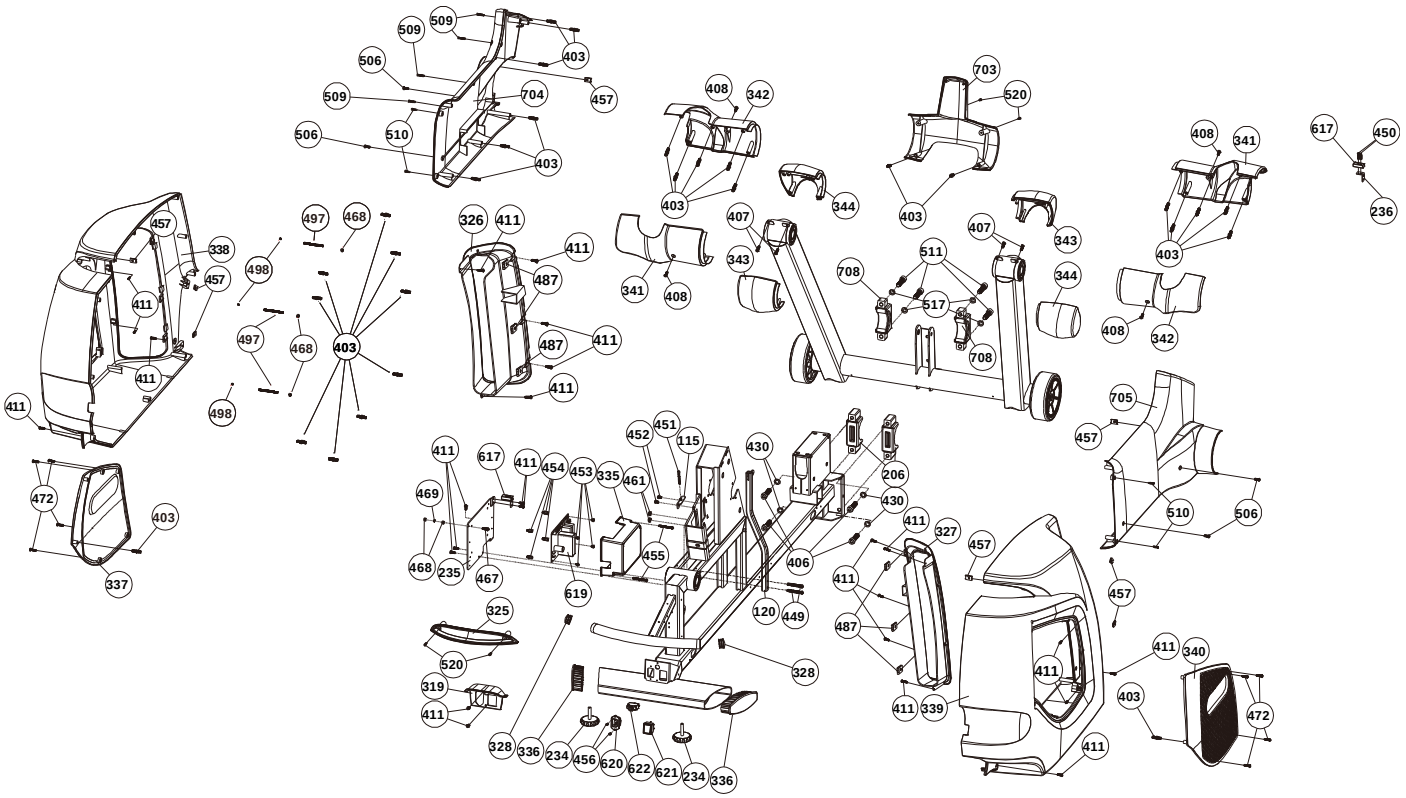
EXPLODED DIAGRAM



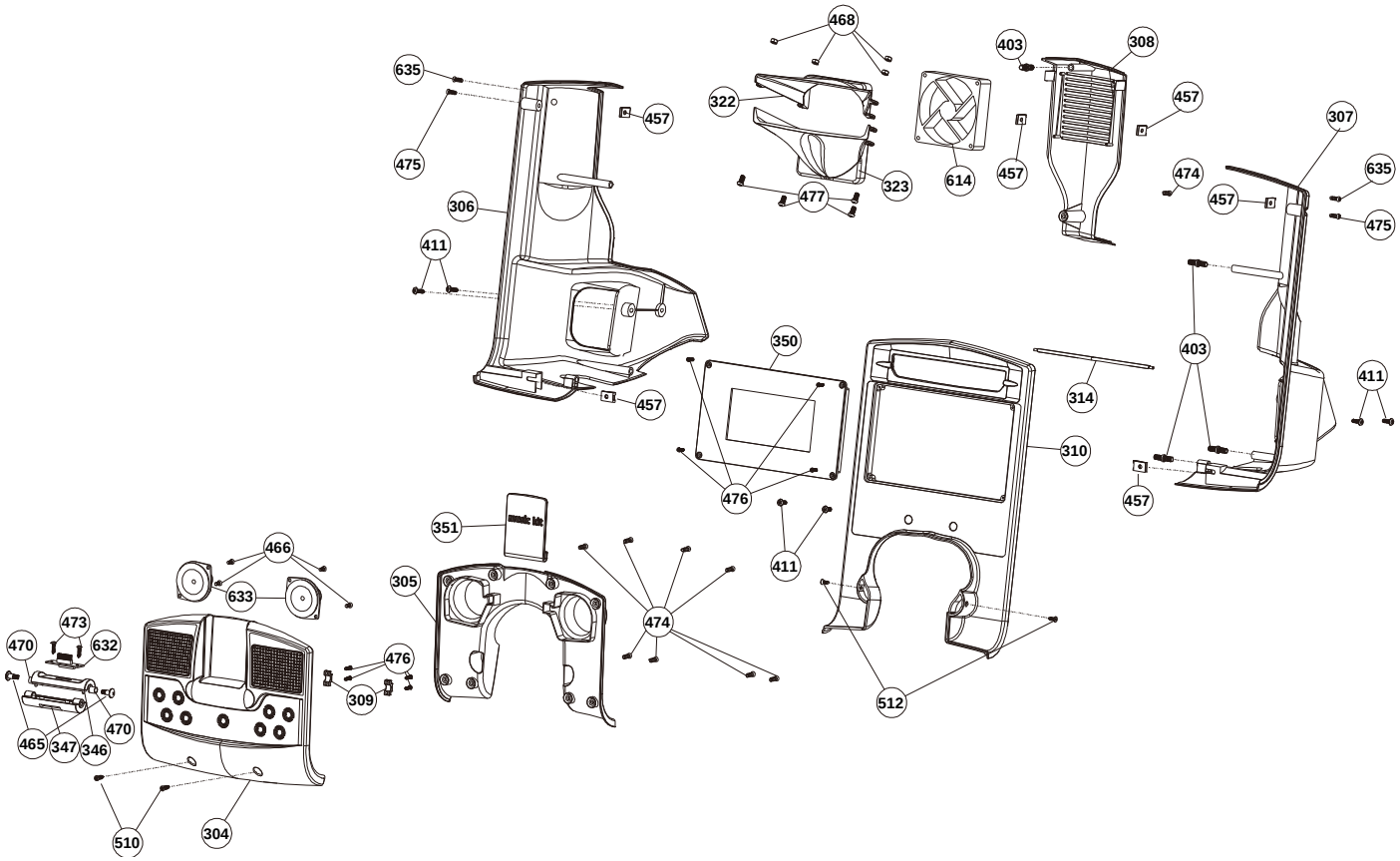
EXPLODED DIAGRAM



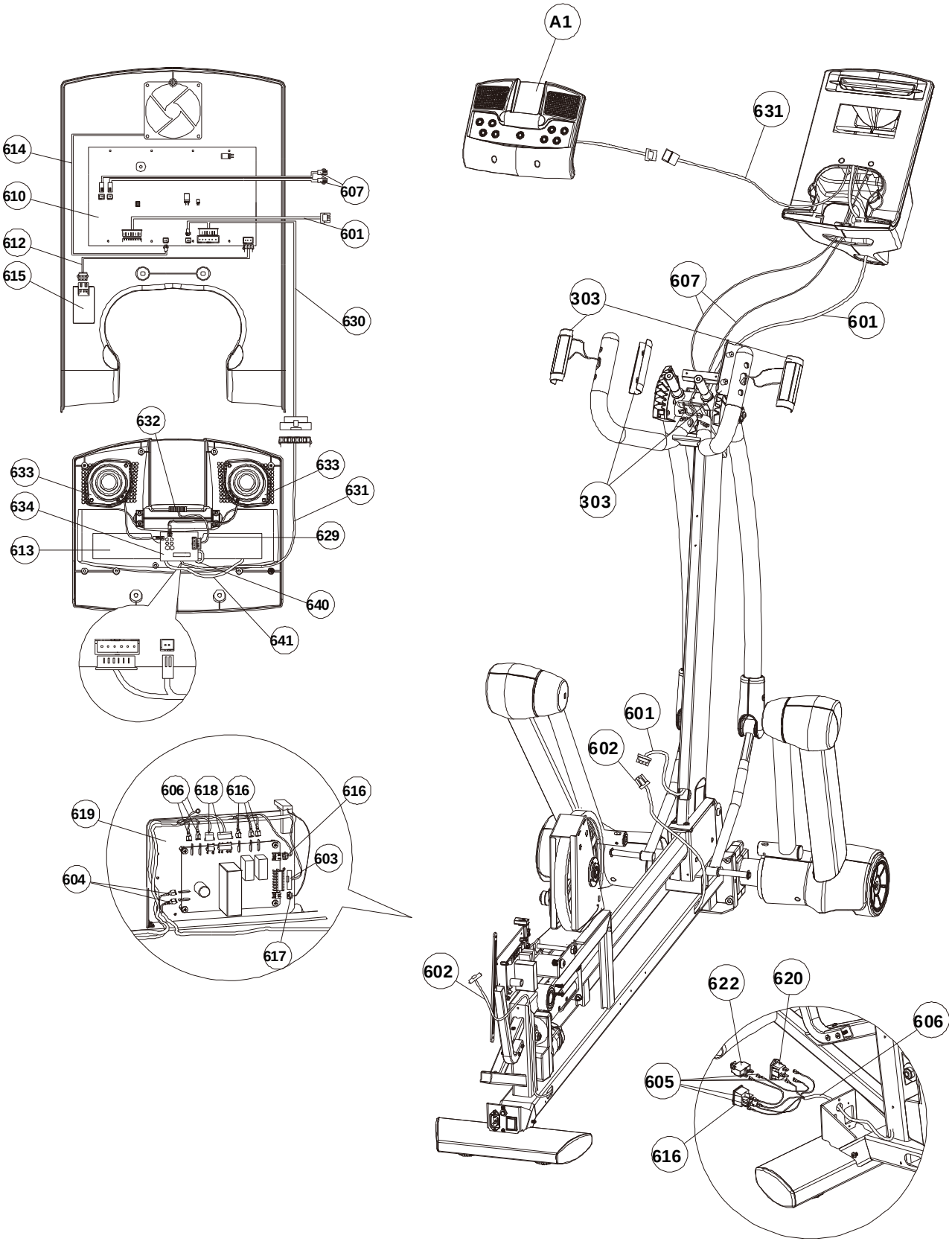
EXPLODED DIAGRAM



EXPLODED DIAGRAM



WIRE DIAGRAM

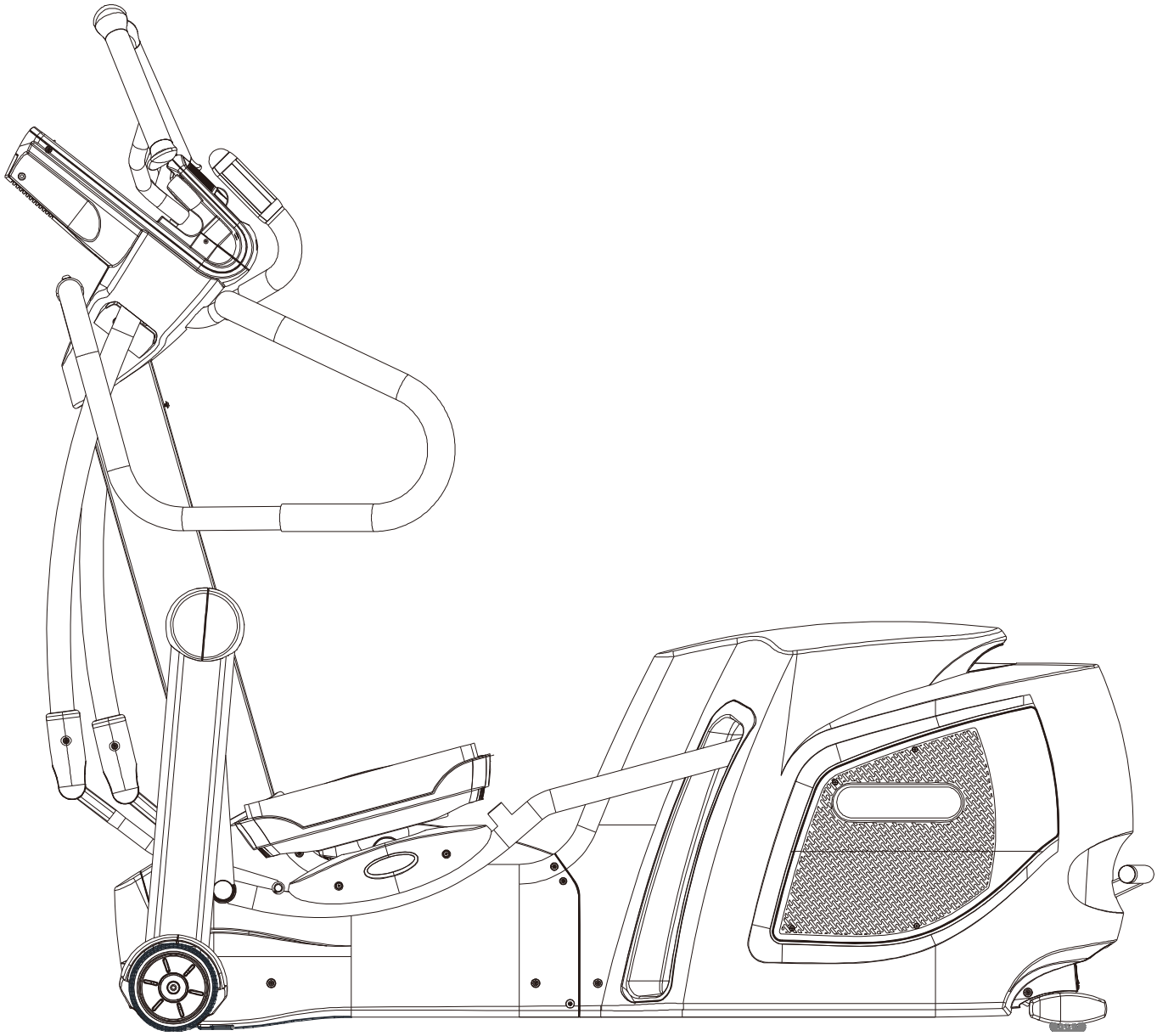


STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the Captiva Plus cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

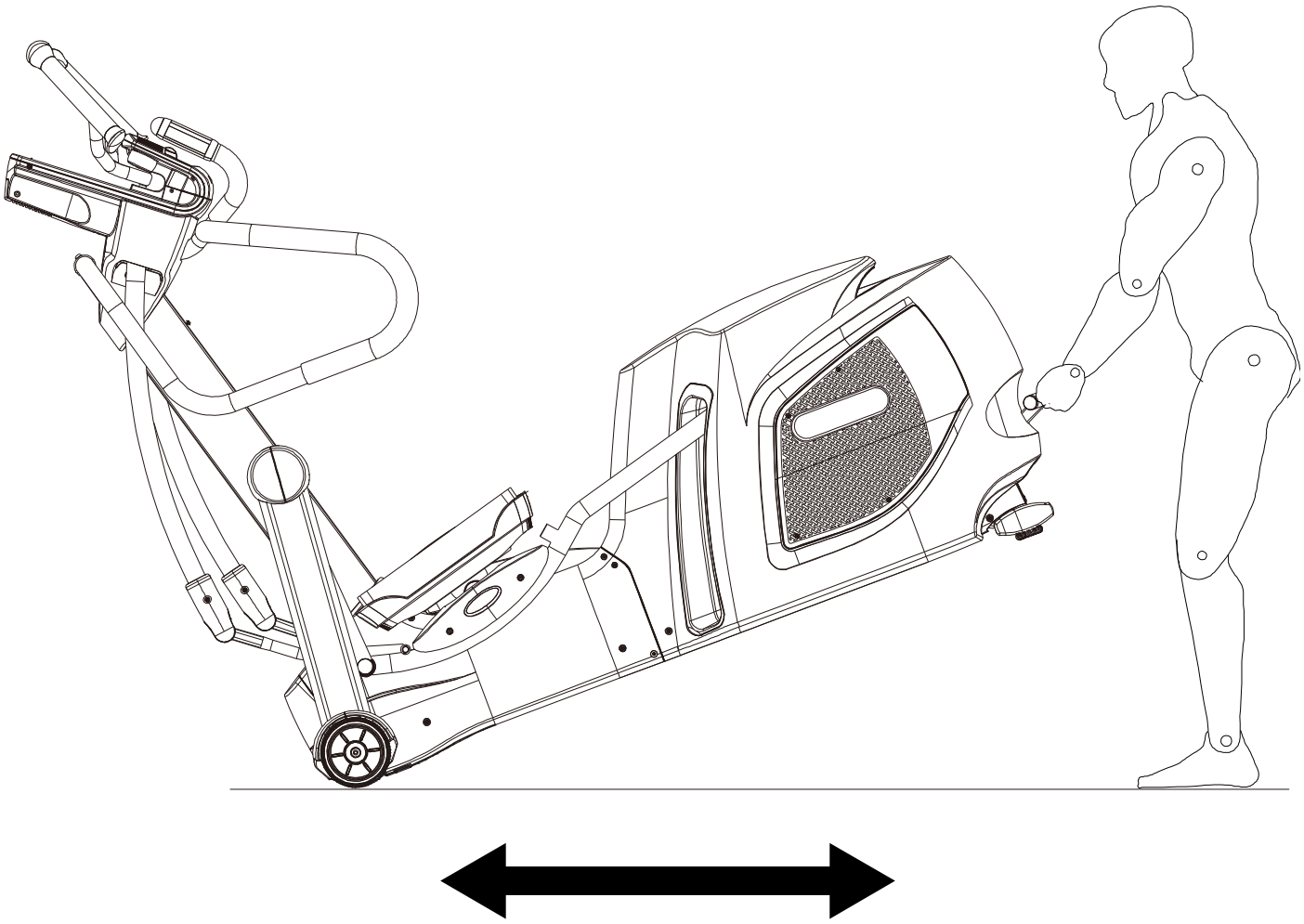
Tilt the cross trainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

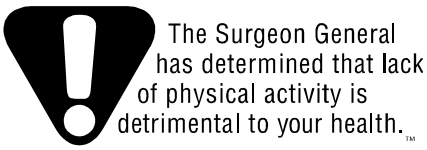
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

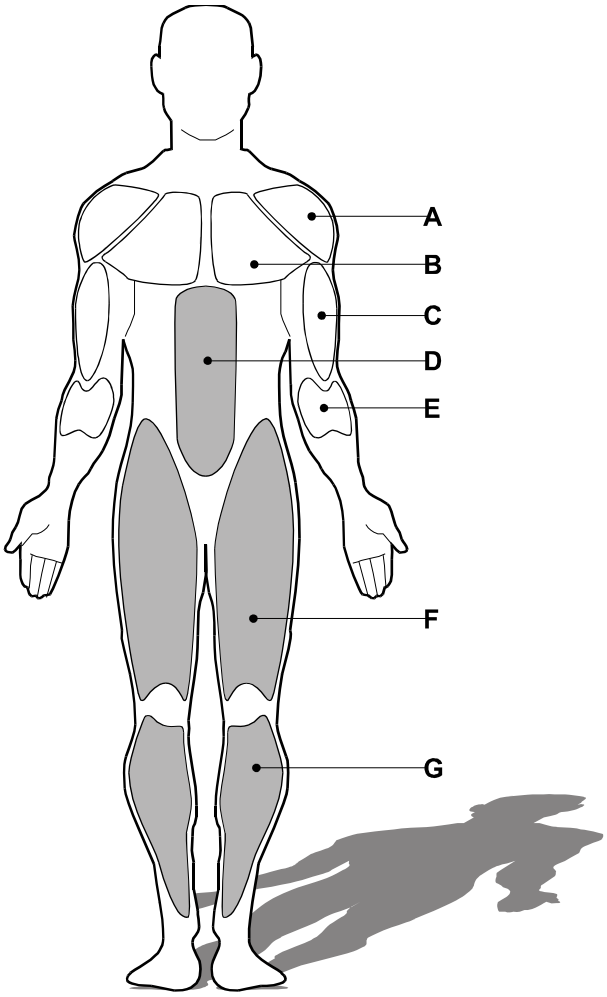
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

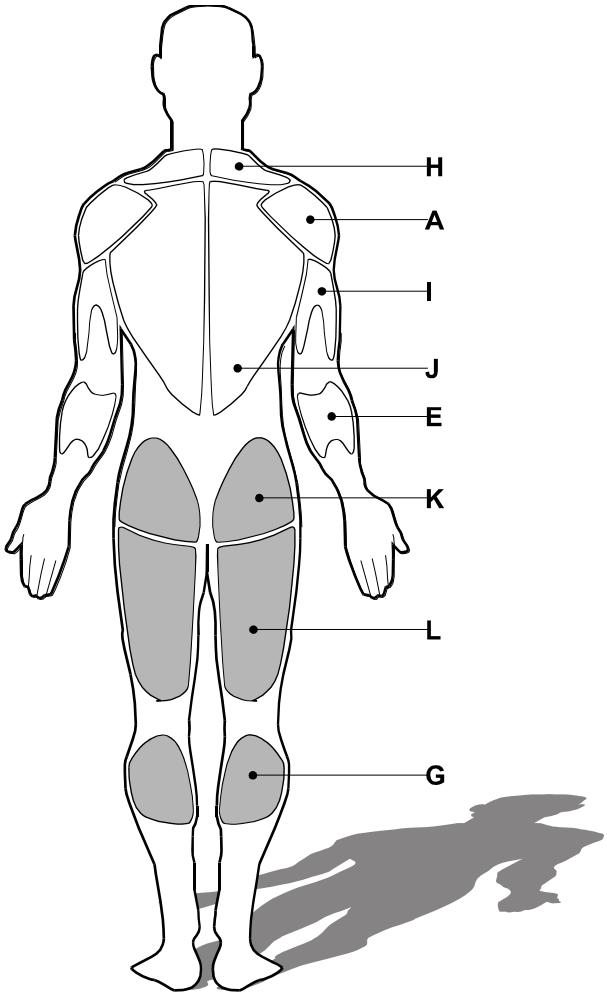


MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

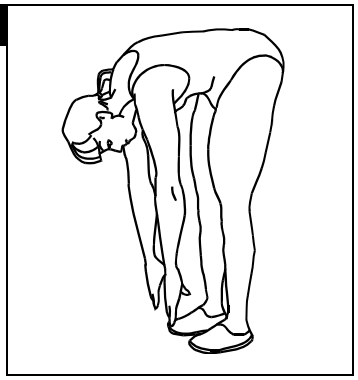
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteus muscles	K
F	Quadriceps muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

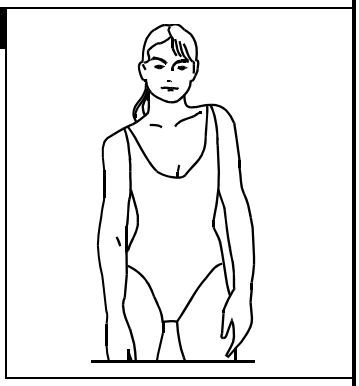
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



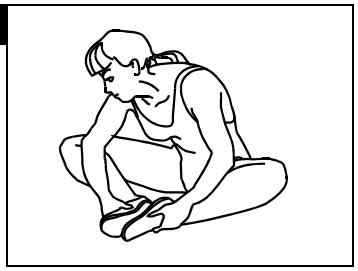
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



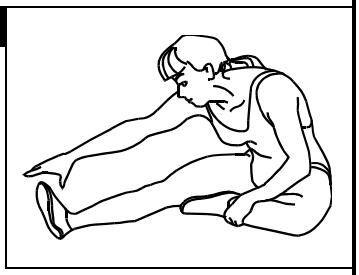
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



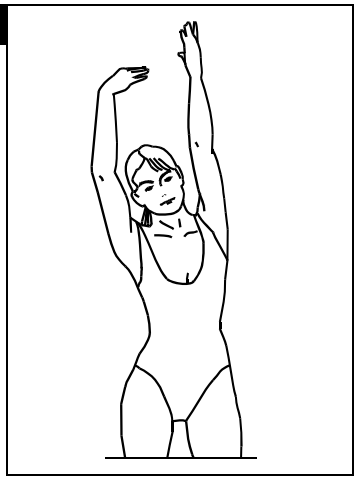
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



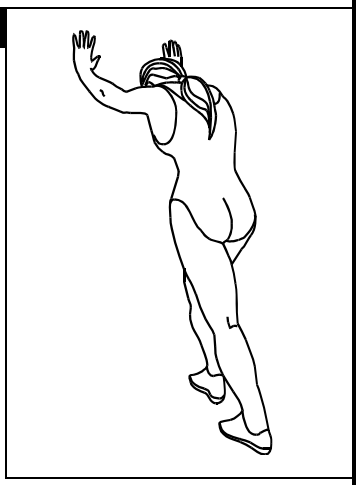
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



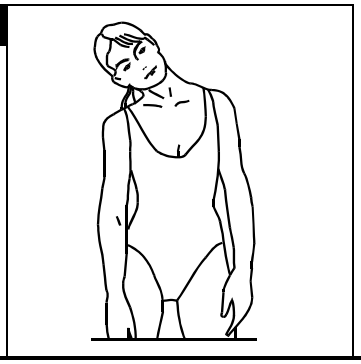
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "CAPTIVA PLUS" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances consumers may be asked to find a local service provider, especially if they reside in a remote area of the US. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "CAPTIVA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. YOWZA reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "CAPTIVA" name are intended for ***RESIDENTIAL USE ONLY***. See further "Circumstances and use that will void your warranty "below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSTS: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

WARRANTY

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

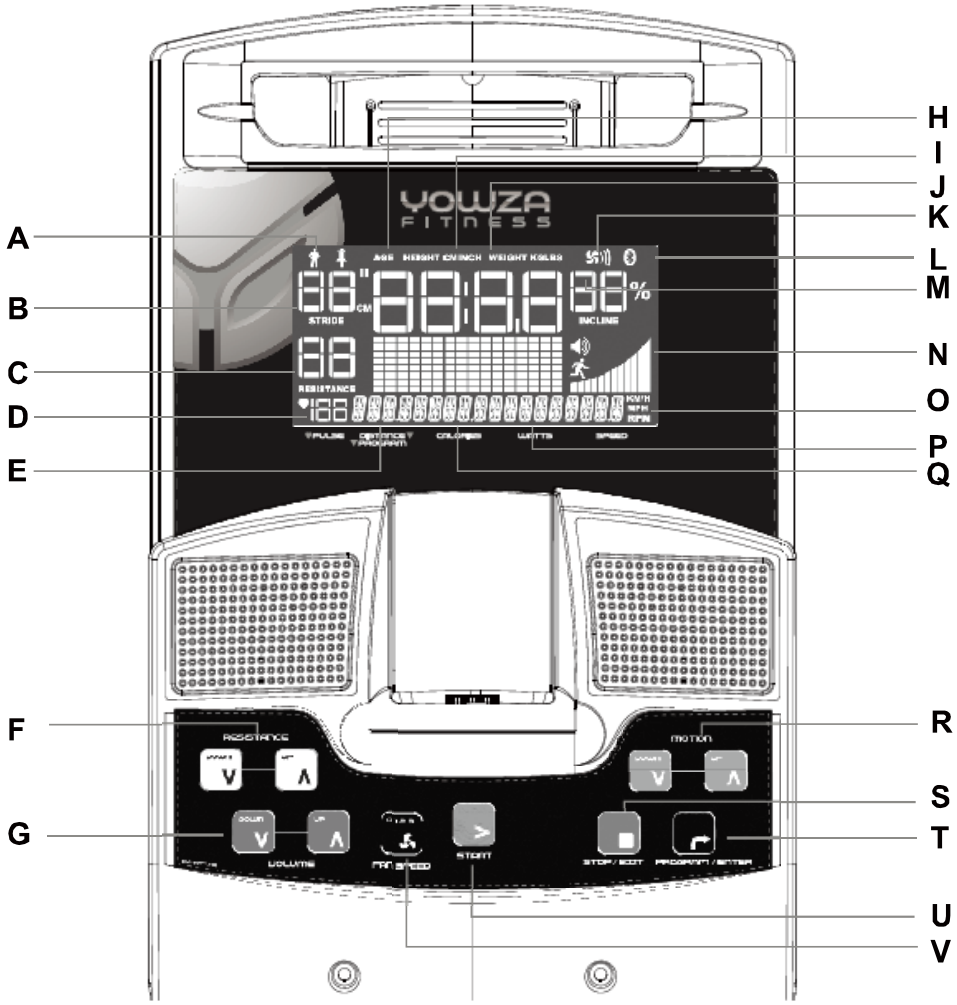
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION



A	GENDER	B	STRIDE	C	RESISTANCE LEVEL
D	PULSE	E	DISTANCE	F	RESISTANCE UP/DOWN BUTTON
G	iPod VOL CONTROLS	H	AGE	I	HEIGHT
J	WEIGHT	K	FAN	L	BLUETOOTH
M	MOTION LEVEL	N	VOLUME	O	SPEED/RPM
P	WATT	Q	CALORIES	R	MOTION UP/DOWN BUTTON
S	STOP/EXIT	T	PROGRAM/ENTER	U	START
V	FAN BUTTON				

COMPUTER OPERATION

PULSE
The PULSE - display range is from 0 to 199.

DISTANCE
The DISTANCE display range is from 0.0 to 99 kilometres/miles.

CALORIES
The calories display range is from 0 to 999.

WATT
The display range of the WATT is from 0 to 999.

SPEED/RPM
It will display the SPEED (MPH/KMH) /RPM.

SPEAKER Volume

FAN
First Press: Second Press:

Third Press: Fourth Press: **STOP**

GENDER
Press the resistance UP/DOWN button to select your gender.

STRIDE INCH/CM
It will display the workout STRIDE (INCH/CM) while exercise.

RESISTANCE LEVEL
It will display your current Resistance Level when exercise.

POWER ON
After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.

QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

SLEEP MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE
While in the PROGRAM, without pedalling the machine for 10 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.

USER AGE
After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.
Estimated Normal pulse rate = (220 – AGE) X 65%
Estimated Maximum pulse rate = (220 – AGE) X 85%

COMPUTER OPERATION

PROGRAM

To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

P 1- P 9 & C 1- C 5 Program Selecting Procedure

After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP “and “DOWN” to select. Then press the “ENTER” button to confirm and save.

PROGRAM 1 – TARGET TIME

After entering this program, the TIME display shows the factory default setting “16:00” . Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 2 – TARGET DISTANCE

After entering this program, the DISTANCE display shows factory default setting “3.2”. Press RESISTANCE UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 3 – TARGET CALORIES

After entering this program, the CALORIES display shows factory default setting “50”. Press RESISTANCE UP/DOWN button to adjust the target calories and press STOPE/ENTER to confirm.

Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

COMPUTER OPERATION

PROGRAM 4 – FAT BURNING

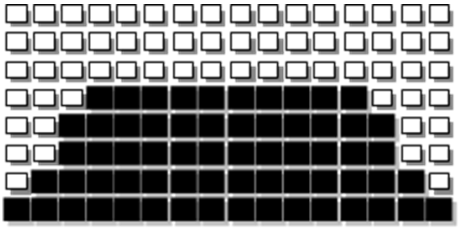
This program's goal is to elevate your heart rate and maintain it for most of your workout. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

When you select this program, you are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the INCLINE.

To quit the program while exercising, press the "PROGRAM/EXIT" button.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.



TIME /zone **INTENSITY** /level **LEVEL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
d1	L1	L2	L3	L4	L4	L4	L4	L4	L4	L4	L4	L4	L4	L3	L2	L1
d2	L1	L2	L4	L6	L6	L6	L6	L6	L6	L6	L6	L6	L6	L4	L2	L1
d3	L1	L3	L5	L8	L8	L8	L8	L8	L8	L8	L8	L8	L8	L5	L3	L1
d4	L1	L3	L6	L9	L9	L9	L9	L9	L9	L9	L9	L9	L9	L6	L3	L1
d5	L1	L4	L7	L10	L10	L10	L10	L10	L10	L10	L10	L10	L10	L7	L4	L1
d6	L1	L4	L8	L12	L12	L12	L12	L12	L12	L12	L12	L12	L12	L8	L4	L1
d7	L1	L5	L9	L14	L14	L14	L14	L14	L14	L14	L14	L14	L14	L9	L5	L1
d8	L1	L5	L10	L16	L16	L16	L16	L16	L16	L16	L16	L16	L16	L10	L5	L1

COMPUTER OPERATION

PROGRAM 5 – INTERVAL RESISTANCE

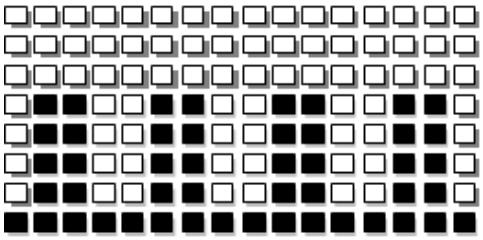
This program's goal is to vary your RESISTANCE Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

When you select this program, are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the INCLINE.

To quit the program while exercising, press the "PROGRAM/EXIT" button.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.



TIME /zone **INTENSITY** /level **LEVEL**	**1st Segment**	**2nd Segment**	**3rd Segment**	**4th Segment**	**5th Segment**	**6th Segment**	**7th Segment**	**8th Segment**
d1	L1	L9	L9	L1	L1	L9	L9	L1
d2	L2	L10	L10	L2	L2	L10	L10	L2
d3	L3	L11	L11	L3	L3	L11	L11	L3
d4	L4	L12	L12	L4	L4	L12	L12	L4
d5	L5	L13	L13	L5	L5	L13	L13	L5
d6	L6	L14	L14	L6	L6	L14	L14	L6
d7	L7	L15	L15	L7	L7	L15	L15	L7
d8	L8	L16	L16	L8	L8	L16	L16	L8

COMPUTER OPERATION

PROGRAM 6 – INTERVAL MOTION

This program's goal is to vary your Incline Level, taking you from peak to recovery. This program can be run at 8 different difficult levels which can be adjusted during the program setup or during the workout.

When you select this program, you are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Calories counts down to 0, Time counts up, and Distance counts up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

TIME /zone **MOTION** /stride **LEVEL**	**1st Segment**	**2nd Segment**	**3rd Segment**	**4th Segment**	**5th Segment**	**6th Segment**	**7th Segment**	**8th Segment**
d1	18"	22"	22"	18"	18"	22"	22"	18"
d2	19"	23"	23"	19"	19"	23"	23"	19"
d3	20"	23"	23"	20"	20"	23"	23"	20"
d4	21"	24"	24"	21"	21"	24"	24"	21"
d5	22"	25"	25"	22"	22"	25"	25"	22"
d6	22"	26"	26"	22"	22"	26"	26"	22"
d7	22"	27"	27"	22"	22"	27"	27"	22"
d8	22"	28"	28"	22"	22"	28"	28"	22"

PROGRAM 7 – ENDURANCE

After entering this program, the TIME display shows "d1", Press RESISTANCE UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set RESISTANCE and MOTION profile. Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Every 6 time zones for a circle.

TIME /zone **INTENSITY** /level **LEVEL**	**1st Seg.**	**2nd Seg.**	**3rd Seg.**	**4th Seg.**	**5th Seg.**	**6th Seg.**	**7th Seg.**	**8th Seg.**	**9th Seg.**	**10th Seg.**	**11th Seg.**	**12th Seg.**	**13th Seg.**	**14th Seg.**	**15th Seg.**	**16th Seg.**
d1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
d2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
d3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
d4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
d5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
d6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
d7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
d8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

COMPUTER OPERATION

Every 16 time zones for a circle.

TIME /zone / MOTION /stride / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
d1	18"	19"	19"	19"	20"	20"	20"	21"	21"	21"	22"	22"	22"	23"	18"	18"
d2	19"	20"	20"	20"	21"	21"	21"	22"	22"	22"	23"	23"	23"	23"	19"	19"
d3	20"	21"	21"	21"	22"	22"	22"	23"	23"	23"	23"	23"	23"	24"	20"	20"
d4	21"	22"	22"	22"	23"	23"	23"	23"	23"	23"	24"	24"	24"	25"	21"	21"
d5	22"	23"	23"	23"	23"	23"	23"	24"	24"	24"	25"	25"	25"	26"	22"	22"
d6	23"	23"	23"	23"	24"	24"	24"	25"	25"	25"	26"	26"	26"	27"	23"	23"
d7	23"	24"	24"	24"	25"	25"	25"	26"	26"	26"	27"	27"	27"	28"	23"	23"
d8	24"	25"	25"	25"	26"	26"	26"	27"	27"	27"	28"	28"	28"	28"	24"	24"

PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the Resistance as the user changes their stride cadence (RPM). The Resistance will be reduced when user increases RPM and the Resistance will be increased when the user decreases the RPM.

When you select this program, you are prompted to enter weight, target WATTS and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline level will not change unless you manually change it.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program: Contact Heart Rate Grips or Chest Belt Pulse Transmitter. The equipment provides a standard contact handgrip on the moving handle bar to sense the user's heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program since it provides the best most consistent feedback.

When you select this program you will be asked for weight, and age. Your age will recommend a recommended Heart Rate. You can change it to a different value at your discretion.

IMPORTANT: By default, console software will recommend the user's recommended SAFE MAXIMUM HEART RATE based on the formula: ((220pbm-AGE) X 75%). User's are encouraged to consult with a doctor or training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

Finally, TIME display shows factory default setting "16:00". Press Resistance UP/DOWN button to adjust the target time and press PROGRAM/ENTER to confirm. Press Start to Begin.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the INCLINE level and Resistance level to keep the users at the TARGET HEART RATE throughout the program – excluding first 3 minutes and last minute (warm up and cool down)

PROGRAM C1-C5: Customer Program

There are 5 Custom Programs. Programs can be up to 1-99 minutes long and can have up to 60 Incline and 60 Effort changes.

When you select a custom program, after you enter your weight you can either Press Start to Begin or Program to Edit the program.

EDIT MODE:

When you select edit, your cursor defaults to the first segment (noted by flashing box) in the LCD dot matrix. Every segment is 1 minute long.

Your incline and effort windows show the set incline and effort values for the segment that your cursor is on. Use the effort/incline +/- keys to adjust that segments values to your liking.

To make more segments: Press PROGRAM/ENTER

To delete a segment: Hold PROGRAM/ENTER (NOTE: when you Delete a segment, you not only delete the segment that you are on but also any segments that follow)

To save your changes and start your program: Press START

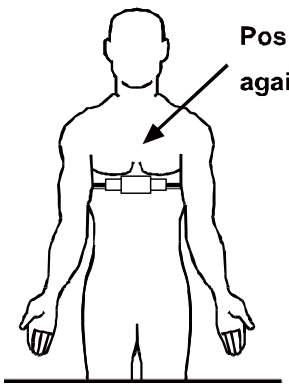
Main Individual custom program

Press the START button again to begin the exercise program. The LCD display will show the RESISTANCE WATT, MOTION LEVEL and TIME status as the user set it.

Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.
The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the ENTER/STOP button. To quit the program, press the ENTER/STOP button twice.
At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

USING THE CHEST BELT HEART RATE MONITOR:
For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



Position the chest belt just under the chest line against a flat portion of the skin.

※ Chest belt is optional accessory.

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